



FAMILY FUN



Bubble Fun

Your child is learning about personal space by pretending to be inside a bubble. Ask your child to tell you how to keep the bubble from popping. Blow bubbles for your child to pop before they touch the ground.

BUILDING BLOCKS, LESSON 1



FAMILY FUN



Body Part Identification

Using fun, upbeat music, prompt your child to shake and wiggle the body parts you call. Start at the top and play your way down!

High	Med	Low
Head	Neck	Waist
Eyes	Shoulders	Hips
Nose	Chest	Knees
Mouth	Tummy	Ankles
Lips	Hands	Toes

BUILDING BLOCKS, LESSON 2



FAMILY FUN



Mirror, Mirror!

Face your child and pretend to be a mirror. When you make a movement, your child should move exactly as you do – like your reflection. Move slowly at first then pick up the pace. Take turns being the leader.

BUILDING BLOCKS, LESSON 3



FAMILY FUN



Freeze Dance

Dance with your child to lively music. Stop the music every 10-20 seconds and freeze like a statue until the music starts again.

BUILDING BLOCKS, LESSON 4



FAMILY FUN



Slow and Fast

Play music with a slow beat and encourage your child to move slowly. Play music with a fast beat and encourage faster movement. Change the tempo and see if your child does too.

BUILDING BLOCKS, LESSON 5



FAMILY FUN



Switcheroo!

When the family is sitting and being inactive call, "Switcheroo!" Everyone quickly moves to a new place. Have everyone take turns calling "Switcheroo!"

BUILDING BLOCKS, LESSON 6



FAMILY FUN



Scrambled Eggs!

Ask your child to teach you how to play *Scrambled Eggs!* Everyone moves like scrambled eggs and holds a funny egg pose on the stop signal!

BUILDING BLOCKS, LESSON 7



FAMILY FUN



Running

Play enjoyable music and run in place with your child. When the music stops, freeze. Play different types of music with slow, medium and fast tempos.

BUILDING BLOCKS, LESSON 8



FAMILY FUN



Jumping

Ask your child teach you how to jump on 2 feet. Jump over low objects placed on the floor. Play a listening game. Your child jumps when you say, “jump,” but stands and wiggles if you say any other word.

BUILDING BLOCKS, LESSON 9



FAMILY FUN



Galloping

Ask your child to teach you how to gallop. Name animals that gallop, like horses, zebras, or donkeys, for the family to imitate.

BUILDING BLOCKS, LESSON 10



FAMILY FUN



Hopping

Ask your child to teach you how to hop on 1 foot. Turn on lively music. Stop the music every 20 seconds. Move in a different way each time the music starts. For example, walk, jump, gallop, hop, or wiggle. Now is a great time to play hopscotch together!

BUILDING BLOCKS, LESSON 11



FAMILY FUN



Simon Says

Play *Simon Says* with your child. Run, walk, jump, gallop and hop. There is no elimination for doing an activity, even if “Simon” didn’t say it. Take turns being Simon.

BUILDING BLOCKS, LESSON 12



FAMILY FUN



Roll the Dice

Create an activity for each of the 6 sides of a single die.

- 1=move at a low level
- 2=at a high level
- 3=in a straight pathway
- 4=curved pathway
- 5=zigzag pathway
- 6=wiggle

Have your child roll the die and join in the fun.

BUILDING BLOCKS, LESSON 13



FAMILY FUN



Planes, Trains, and Cars

Play lively music while you and your child pretend to be airplanes, cars, motorcycles, or trains. Make clean-up time fun by saying, "A train has cargo cars. How much cargo can you load before the music stops?"

BUILDING BLOCKS, LESSON 14



FAMILY FUN



Side-Sliding Fun

Play music your child enjoys. Use sheets of paper or thin paper plates and side-slide slowly on a smooth floor or carpet. Play *Follow the Leader* while side-sliding with your child.

BUILDING BLOCKS, LESSON 15



FAMILY FUN



Skipping

Ask your child to teach you how to skip. Turn on lively music and practice skipping as often as possible.

BUILDING BLOCKS, LESSON 16



FAMILY FUN



Leaping

Ask your child to teach you how to leap over small objects on the floor. Turn on lively music and practice leaping.

BUILDING BLOCKS, LESSON 17