

Get moving together!

MAY



Make your own fun & safe toys.

- Save plastic water bottles to use as bowling pins.
- Fill a sock with beans for a bean bag toss.
- Set-up a cycling or running obstacle course.

Stretch your muscles.

- Toss bean bags/socks into a basket.
- Balance books on your head while walking.
- Move like animals: hop like a rabbit, crawl like a bug . . .
- Set up an obstacle course - who's the fastest?

Join in the fun!

- Play catch with your child using rubber balls.
- Draw and jump through a Hop Scotch pattern.
- Sing and dance to the "Hokey Pokey."

SUNDAY



Sign-up for your library's summer reading program this month!

MAY 7-11 IS TEACHER APPRECIATION WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May Day 1
Take a walk and pick a dandelion bouquet.

Play Outside: 2
Go out and play Hop Scotch, swing or jump rope.

Library Day 3
National Teacher's Day

Be with Me: 4
Pack a healthy lunch and eat outside.

Cinco de Mayo 5
Healthy Choice: Have chips and salsa for a snack today.

Art Time: 6
Teacher Appreciation Day is Tuesday. Make a card for your child's teacher together.

Letter Time: 7
Look for things that begin with the letter 'M.'

Teacher Appreciation Day 8

9

Play Outside: 10
Ask your child to repeat patterns: step-step-jump; clap-clap-pat, etc.

Get Moving: 11
Crank up favorite songs of yours and your child's and get dancing.

National Nurses Day 12
Be with Me: Take a walk and count the trees or other things you see.

Mother's Day 13

Read to Me: 14
Have your child turn the pages as you read a book.

What . . . 15
Rhymes with the word ball?

Play Time: 16
Have your child invite a friend over to play 'Go Fish.'

Library Day 17

Get Moving: 18
Wiggle or shake each part of the body while you name them!

Practice: 19
Bouncing a ball and counting the bounces.

Dinner Time: 20
Have your child help set the dinner table.

What . . . 21
Rhymes with the word top?

Play Time: 22
Play "Simon Says" make sure to get your child moving. Take turns being Simon.

23

Numbers & Counting: 24
Practice counting from 1 to 10 then go higher.

Get Moving: 25
Exercise with your child - hop in place, do jumping jacks, and arm circles.

Be with Me: 26
Play 'I Spy' while you work in the yard together.

Poems and Songs: 27
Sing nursery rhymes like, "One, two, buckle my shoe . . ."

Memorial Day 28

29

Be with Me: 30
Pack a healthy snack and walk to the park for a quick picnic.

Library Day 31
Time to hang your 2012-2013 *Getting Ready for School* Calendar!



May is National Physical Fitness and Sports Month!

Great Books for May:

- Animal Boogie* – Debbie Harter
- Barnyard Dance!* – Sandra Boyton
- Bunny Cakes* – Rosemary Wells
- A Chair for My Mother* – Vera B. Williams
- Giggle, Giggle, Quack* – Doreen Cronin
- Mama, Do You Love Me?* – Barbara M. Joosse
- The Night Before Summer Vacation* – Natasha Wing
- A Pocketful of Kisses* – Audrey Penn
- Tell Me a Story, Mama* – Angela Johnson
- When We Go Camping* – Margriet Ruurs



Tips for keeping your child active year-round:

- Limit television and video game usage to around 1 hour per day.
- Invite friends over to play outside. When it's cold, go sledding.
- Community centers offer indoor pools, basketball courts and classes.
- You can also take your child to the mall and use the stairs instead of escalators or elevators and take a power walk.
- Take turns turning up the music and burn some calories! Chores can be more fun when there's a great beat in the background.