Move and Groove

Try each activity with your child. Ask your child to color each activity and circle his or her favorite.

- Jumping Jacks
- Running and Kicking
- Playing Catch
- Dancing
- Riding a Bike

GET MOVING TOGETHER!
Read to Me

Read an action book such as *The Babies on the Bus* by Karen Katz. Or *Going on a Bear Hunt* by Michael Rosen and Helen Oxenbury. Do the actions while reading the story.

Write your name on the sidewalk with sidewalk chalk.

Pick a word that is repeated in a book you are reading, like “polite” while you are reading *Be Polite and Kind* by Cheri J. Meiners. Every time you read it, ask your child to do an action like jump or clap.

Count with Me

Ask your child to help sort laundry by finding pairs of socks.

Play “Hide-and-Seek” with your child. Count to 30 before you “seek”; Ask, “Who is under the chair?” or “Who is inside the closet?”

Go for a walk. Count how many houses from your house to the next corner, how many trees you see, cars, etc.

Talk to Me

Play a few minutes of songs from a variety of music types. Move any way you wish to express your feelings about the different types of music.

Let your child choose his/her favorite exercise to do together as a family (i.e. ride bikes, go for a walk, jump rope, play basketball, etc.)

Emotion Game: Have your child mirror the faces you make. Teach your child the word that describes the emotion. Examples: happy, sad, scared, lonely, mad, nervous, embarrassed, or frustrated.

This Month’s Page Turner Book:

*Be Polite and Kind* by Cheri J. Meiners

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Thank You to … PNC Grow Up Great