

Child's Name \_\_\_\_\_ Classroom \_\_\_\_\_

**MOVE, PLAY, HAVE FUN!** Try these fun activities below or try your own, for 15 minutes per day. Please have your child color in every activity that was completed. It is ok to do more than one activity per day. Please sign the sheet and return it to your Teacher, Family Advocate or Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pretend you are racing a rabbit and run back and forth 4 times.	2 Little Steps, Big Steps – walk taking little steps through the house, then walk taking big steps through the house. Who can take the biggest steps?	3 Toss a plastic egg in the air. Spin around and try to catch the egg before it lands on the ground.	4 Using your body, form a bridge (your face looking up) and have a parent roll a ball under you. Then form a bridge (your face looking down).
5 Ask someone to go for a walk with you and as you walk, make up a spring song about flowers and animals.	6 Toss a Frisbee back and forth with a friend or parent.	7 How many different ways can you carry a book as you move around your house?	8 Show your muscles: pick up fallen sticks from your yard and make a tent or vehicle for your favorite super hero	9 Play "Hide and Seek": Have a parent hide your favorite stuffed animal, then see how quickly you can find it.	10 Sit facing each other and hold hands. Rock back and forth and sing the "Alphabet" song.	11 Ready, set, go! Have a parent set a timer and time you as you run to the tree and back. Do this 3 times and try to beat your best time.
12 Grab a partner and go for a bike ride. What colors do you see as you ride through the neighborhood?	13 Dance fast and slow to your favorite songs.	14 Pretend your arms are crayons and draw big pictures of your favorite animals in the sky.	15 Head to the park and count how many steps you climb.	16 Silly Rabbit: Hop around on one foot 5 times. Hop around on the other foot 5 times. Now hop around on both feet 10 times.	17 Robot bend: Stand tall then bend forward, then backward, then to one side, then the other side.	18 Take a "Spring is here" walk. Swing your arms as you walk quickly. Notice all the signs of spring!
19 Head to a beach with a sand bucket. Fill the bucket with sand, carry it a distance and dump it. Then repeat. How many buckets did you carry?	20 Using outdoor chalk, have a parent lie on the ground and trace his/her body with the chalk. Try to jump over the chalk body 6 times.	21 Create a garden: dig holes in the dirt and plant seeds of your choice. Don't forget to water your plants.	22 Skip around the yard, swinging your arms and singing real loud.	23 Visit a local park and count how many times you go up and down the slide.	24 Act out 2 times the song "One, Two Buckle My Shoe" nursery rhyme.	25 Swing on: While swinging on a swing with your feet out in front of you, have a parent toss a ball at your feet and see if you can kick it.
26 High and Low: Stretch your arms as high as you can. Now reach your arms down to touch the ground. Repeat 10 times.	27 Play "Duck, Duck, Goose" with some friends or family.	28 Pull a wagon around outside with a friend or some stuffed animals in it.	29 Sit on a blanket and read a book together.	30 Blow bubbles in the air and watch all the colors float by.		

Signature: \_\_\_\_\_ Date: \_\_\_\_\_