












Roll Head Shoulders, Knees and Toes, Knees and Toes

Directions: Roll one die for each of the body parts below. Replace the body parts that you roll into the song Head, Shoulders, Knees and Toes. Sing and perform the song with the different body parts. For example, if you roll a 1, 3, 4 and 6 sing and do the motions to the song as "Foot, fingers, chin and wrist, chin and wrist. Foot fingers, chin and wrist, chin and wrist. Eyes and ear and nose and mouth. Foot, fingers, chin and wrist, chin and wrist."

	HEAD	SHOULDERS	KNEES	TOES
1 	foot	ankles	thigh	arm
2 	knee	elbows	thumb	cheek
3 	hips	fingers	hair	neck
4 	back	eyebrows	chin	spine
5 	palm	stomach	heart	teeth
6 	waist	forehead	calf	wrist

ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

Keep kids moving gross motor activities

Balloon ball: Use a balloon to play sports indoors on a rainy (or too hot) day.

Substitute the balloon for the ball normally used in the sport. Hands, paper towel rolls or foam pool noodles (cut short) can be used for rackets or bats. A jump rope across the floor, a chair or an imaginary line can be a “net” to divide sides of a court. Make up the rules that fit your space.

Try all of these (and make up your own):

Volleyball **Tennis** **Baseball** **Kickball** **Soccer**

Keep it up (Independent game): see how many times you can hit or kick the balloon up in the air before it touches the floor. Make up rules to increase the challenge, some examples: alternate hands every hit/only one hand/no hands

Sidewalk chalk Obstacle course:

Use chalk to mark an activity course on a sidewalk or driveway. Use any movements you can think of and change their order or do them backwards to keep it interesting. Here’s an example:

Start |--- **RUN** --- | --- **SPIN** --- | --- **HOP (1 foot)** ---| --- **ANIMAL WALK (bear, duck, crab)** ---| ?

Finish |--- **MOVE BACKWARDS** ---|--- **WALK ON THE LINE** ---|---**JUMP (2 feet)** ---|--- **SKIP**--- | ?

Before you do electronics challenge:

Before starting computer, ipad or TV time do a physical challenge. Pick an activity and number of repetitions that are a challenge. Some examples:

15 jumping jacks

5 push ups

10 sit ups

Crab walk across the room and back

Plank for 10 seconds

Hop on one foot 10, 20, 30 times

Adjust the number to challenge your kiddo. Ask for their movement/exercise challenge ideas

Go outside and PLAY!

Keep moving - keep healthy!