








OCTOBER



Get Moving Today!

ACTIVITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|--|
| Kick off the new month by practicing your kicking skills. Kick – chase – kick again. | Fold a towel or newspaper and put in on the floor. Pretend it is a puddle that you are going to leap over. Each time you leap over it make it a little bit bigger. | Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? | Create a movement sequence – hop, twist, reach – and then do it together. Say the words as you do the motions. | Jumping obstacle course: Line up pillows across the floor and try to jump from one to another without touching the floor. | Pretend to be airplanes. Start out on the floor, pushing yourself up and down with your arms to start your engine. Next stand up, with arms out as wings, fly all over the place. | Feel your heart. Walk for five minutes, feel your heart again. Is it beating faster? Why?  |
| Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot. | Use recycled newspapers and crunch up pieces, making paper balls. Practice throwing the balls into a box. Throw from different distances and angles. | Using the paper balls from yesterday practice self tossing and catching. Can you clap between catches? | Turn your favorite music on and make up a sequence of dance moves. Share them with someone!  | Using a pool noodle create a jumping challenge. Place the noodle on the floor and jump over it. Next move the noodle slightly off the floor and jump over it. | Roll up a pair of socks. Try to balance the socks on different parts of your body as you move throughout space. Try to move around, over and under things. | "At the Zoo". Take turns naming an animal. Try moving around just as that animal would. |
| Go for a color walk outside. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors.  |  Rake piles of leaves & jump into them! | Outdoor dramatic play: Fly like birds – high and low and fast and slow. Pretend to fly south for the winter and return in the spring! | Go on a rock hunt and sort the rocks you find by size or color. | Read nature-related books and go outside to look for wildlife, like birds, bugs and squirrels. Nature is all around – no matter where you live!  | Play I Spy! Go outside and take turns saying, "I spy something ____" and then together run to that object. | Pick up some sticks around the yard, line them up and jump over them  |
| Get outside again! Go on "an around" walk. Walk around your house, walk around a light pole, walk around a leaf on the ground... | Musical Freeze: Have someone turn the music on and off. When it is on you must dance and move, but when it is shut off you must balance and freeze. | Galloping Fun: Find something around the house that could be your horse (broom, hockey stick, wrapping paper tube). Go for a horse ride as you walk, run, and gallop. | Pathway locomotion challenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zigzag. | Pretend to be a cloud as your float around outside. Change your shape as you move through space.  | Turn on some music and make up some new moves. Try to move high, low, big and small. | Transportation Travels! Take turns naming a different type of transportation and then pretend to move that way. Such as a train, bike, car, etc. |
| Do the Twist! Sit or stand on a t-shirt and twist away. | Practice your ball rolling skills, by rolling a ball into a box set on its side or rolling a ball to knock over obstacles. | Run and Touch: Have someone identify a part of your body and a number – now, run and touch that many items using that body part (i.e. touch eight things with your elbow). | Take a break and stretch, reach and bend as you take big breaths. | Connect to someone else and try moving together in different ways. How long can you stay connected? | Stretch as big as you can. Curl up as small as you can. Now explode back to being as big as you can | Go back and do your favorite activity from this month! |