

Dear Parents and Guardians,

We have provided 10 days of activities to do with your child during our school closing. In each daily packet you will find an activity for each of the following areas of development: Literacy, Math, Social/Emotional, and a list of activities to choose from for Physical development. Please resist the temptation to do the activities for them. Encourage your child to do the placement, writing, etc. on their own. Overtime, this is a more empowering experience for them. In addition, we will be collecting their work when school reopens and using recording sheets, worksheets etc. for assessment purposes and to plan the next stages of their learning.

Thank you for your support in providing continuity to your child's education during this rather unusual situation.

Recommended Preschool Websites

abcmouse.com

starfall.com

[pbs kids.org](http://pbskids.org)

[pbs parents.org](http://pbsparents.org)

[nick jr.com](http://nickjr.com)

[preschool express.com](http://preschoolexpress.com)

ixl.com

[sesame street.org](http://sesamestreet.org)

[science starter.com](http://sciencestarter.com)

pbslearningmedia.org

storylineonline.net



School Closure

Directions for Use

Things I Can Do At Home: This page can be used for either A) category labels for you to house all of your schedule pieces or B) a color coding reference key.

Sensory, Life Skills, Academics, Movement, Leisure: These pages provide you with schedule pieces under each domain. You can either A) cut the pieces out to use in individual schedules or B) use the page as a choice board to reference during that activity time.

Schedule Pieces: While our toolkit focuses mainly on creating structured “chunks” of your day, we have also included full day schedule pieces if you would like to put a full schedule on your fridge or wall.

Extras: Missing a schedule, activity, or reward piece that isn’t included in the toolkit? Tape a wrapper/label, print a picture, draw your own simple picture, or write the word on the piece to customize your own pieces. If you are a teacher or clinician and have access to Boardmaker Online, you can edit your own pieces by searching for Activity #29724776.

Choice Board: This is an optional page. If your child is overwhelmed by too many choices OR some of the schedule pieces are not options in your home, you can cut out a smaller number of choices and stick them on this board for your child to choose from. This can also be used as a reward choice board.

Finished Pieces: If you choose to use each domain (Sensory, Life Skills, Academics, Movement, Leisure) as a “choice” board and would like to keep track of which activities you’ve completed, you can use these green checks to cover up each schedule piece.

Token Boards: If your child needs a little motivation to get started with adult-directed activities, you can use the token board to help keep him/her on track. Choose 1-3 target behaviors you wish for your child to display, choose a reward, and fill in the circles as your child does what is asked. Seeing the circles fill will show him/her that he/she is close to earning a reward. You can color the circles, use stickers, or add Velcro pieces.

First/Then Board (Form A): This board is for an emerging learner who does better with only a few schedule pieces at a time. Place one non-preferred schedule piece on the left (first) and one preferred activity on the right (then). Repeat this throughout the day.

Activity Schedule (Form B): This board is for a child who understands schedules and is used to using one. You can either A) glue/tape [pre-selected] schedule pieces on top of each colored activity (child can help choose if appropriate) or B) follow this schedule as listed and when you get to each color, pull out the colored schedule boards for that activity and let your child choose). The color coding will help you follow the same “routine” each day, but the activities will change.

Agenda (Form C): This board is for an older child who can write the activities in each box OR if you don’t wish to follow the color coded order of skill domains (e.g. you are doing 5 academic activities or 5 life skills activities during the day).

To Do List (Form D): This board is for an older child who is a reader and/or writer. Activities can be listed in the order to be completed (either from our examples or anywhere else). When each item has been finished, the child or adult can check the box that it has been completed.

For additional curriculum ideas and support, please click [HERE](#) for an up to date list of online resources available to you, which has been compiled for families with children with autism. (Also available at the end of this packet).

Things I Can Do at Home



Sensory



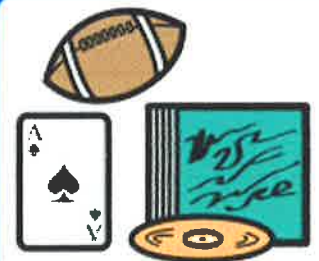
Life Skills



Academics



Movement



Leisure



Sensory



take a bubble bath



shaving cream on table



play doh



trampoline



swing



spin



sensory bin



hugs and squeezes



dance



painting



strings



slime



sensory bottle



blow up/play balloons



guess the smell



simon says



bean bag break



burrito



Life Skills



unload dishwasher



laundry



take trash out



sorting silverware



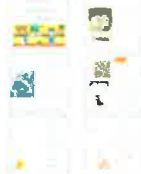
pair socks



folding



wash car



chore cards



money practice



yardwork



cooking



make beds



vacuum



sweeping



put clothes away



put toys away



do dishes



chores



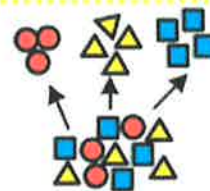
Academics



Unique Learning System



Activities to Go



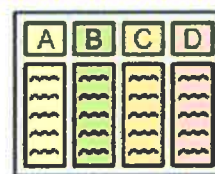
sorting



Learning Games



learning games



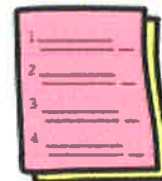
vocabulary



reading



math



worksheet



science



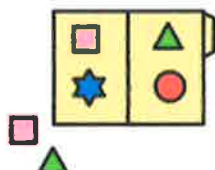
social studies



homework packet



writing



file folder activity



work boxes

Aa Bb Cc
Dd Ee Ff

letters

1 2 3
4 5 6
7 8 9 0

numbers



money



Movement



yoga



walk



swingset



play outside



dance



trampoline



soccer



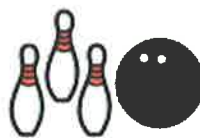
run



obstacle course



animal races



hallway bowling



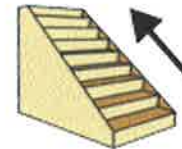
pillow fight



smash bubbles



wall push ups



stairs



jump rope



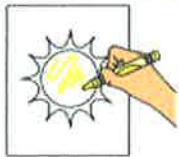
walk the dog



basketball



Leisure



drawing



games



play



blocks



water play



play doh



dolls



puzzles



art project



read books



play outside



ride bike



watch TV



YouTube

YouTube



listen to music



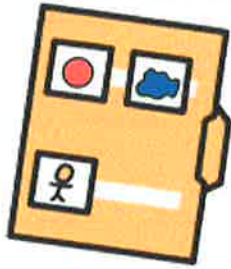
card game



computer



iPad



Daily Schedule



breakfast



brush teeth



bathroom



snack



lunch



pajamas on



nap



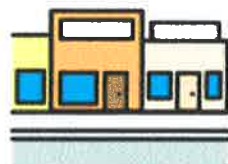
rest



dinner



exercise



community



doctor



car



clean



bedtime



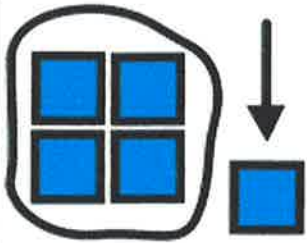
Activity Schedule



get dressed

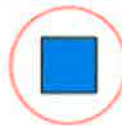


hang out



Extras

Draw and/or write any extra pieces you need for your child's schedule.



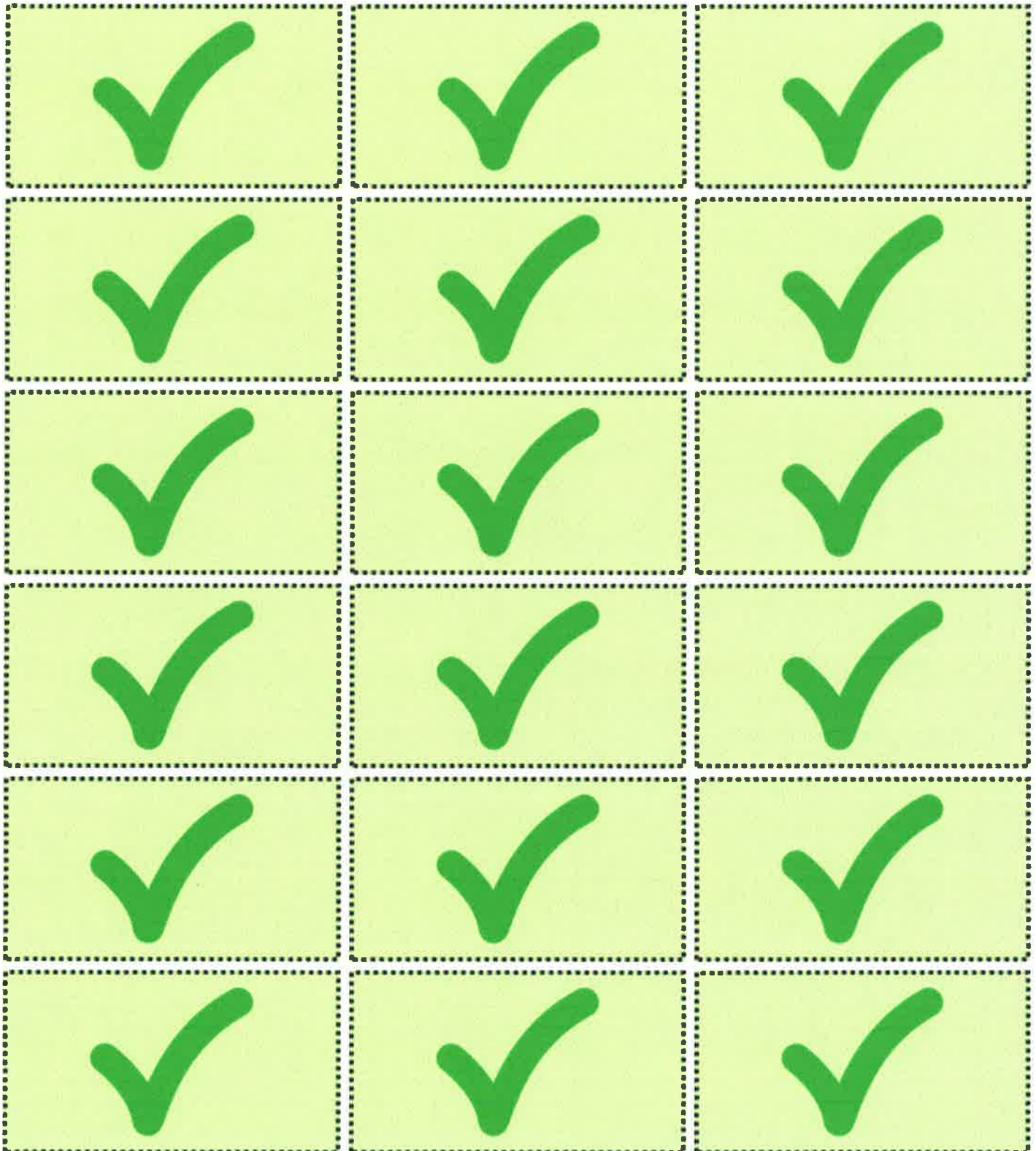
Choice Board

Put available choices on this board and let your child choose activities.



Finished Pieces

Use these pieces to cover up finished activities.



Token Boards

Use these token boards to help motivate your child to stay on track.

My Rules:

Working for...

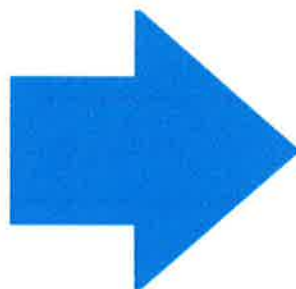




First/Then Board

Add a
non-preferred
(First) activity and
a preferred
(Then) activity.

1
First



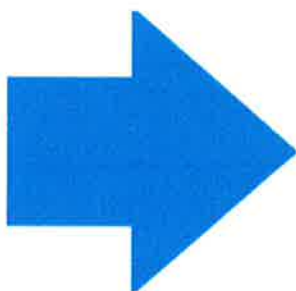
2
Then



First/Then Board

Add a
non-preferred
(First) activity and
a preferred
(Then) activity.

1
First



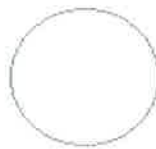
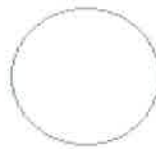
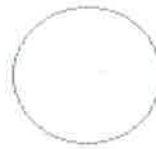
2
Then

My Activity Schedule

Add 5 schedule pieces to schedule. Choose reward and place or write on top of star.

First:

Finished



Then:



Agenda

Add 5 schedule pieces to schedule. Choose reward and place or write on top of star.

First:

Finished



Then:





Date: _____

To Do List:

1. _____ ☐
2. _____ ☐
3. _____ ☐
4. _____ ☐
5. _____ ☐
6. _____ ☐
7. _____ ☐
8. _____ ☐
9. _____ ☐
10. _____ ☐



When I finish my to do list, I can have free time.

1 2 3 4 5

6 7 8 9 10

11 12 13 14 15

16 17 18 19 20

Name

Aa Bb Cc Dd Ee

Ff Gg Hh Ii Jj Kk

Ll Mm Nn Oo Pp

Qq Rr Ss Tt Uu

Vv Ww Xx Yy Zz

Ensure That Your Child Does the Following Daily:

Write first name (and last if ready)
Identify letters of name(s),
Read and talk about books with an adult
Recite/sing the alphabet
Count with and without number chart and objects
Look for words and numbers in the environment
Use art supplies and writing tools

Also Encourage your Child to Continue:

Dressing self
Exercising self-control at meals and quiet times
Obeying age-appropriate rules with few reminders
Talking about experiences and listening to others
Being responsible for possessions
Playing cooperatively
Exploring, sharing observations, making predictions
Making a plan and following through with it
Singing, dancing and making music
Playing math and language games
Building with construction toys
Maintaining healthy eating, sleeping and physical play routines
Getting plenty of family love and affection



Day 1

Literacy Activity- Alphabet Game: Cut out one set of *upper and lowercase Alphabet Cards*. Place all the cards in a basket. Have child remove one card, then “read” the letter on the card. After they identify the letter, have them locate it on the *Recording Sheet* and mark it using a crayon or marker.

Math Activity- Number Game: Cut out number cards. Place all the cards in a basket. Have child remove one card, then identify the number on the card. After they identify the number have them locate it on the *Recording Sheet* and mark it using a crayon or marker.

Social/Emotional Activity 1- Asking for What You Need or Want

Gross Motor Activities- Choose 1 or 2

Gross Motor Activities

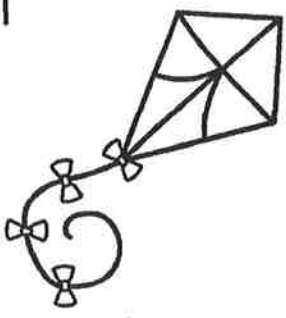

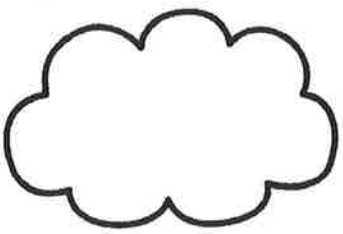
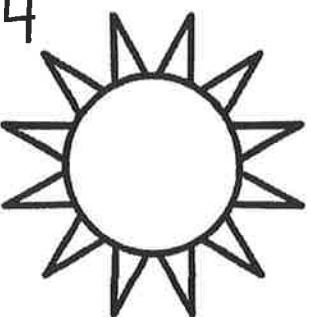


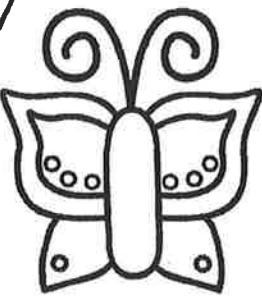
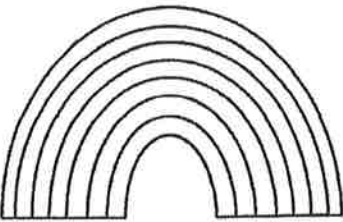
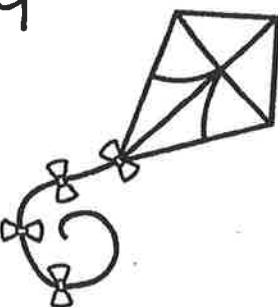

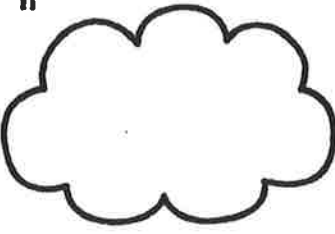
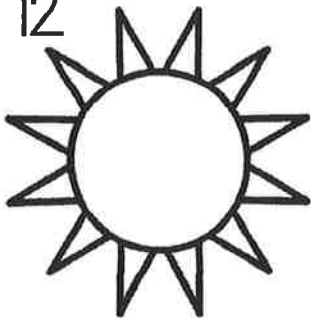


Join in and have fun!



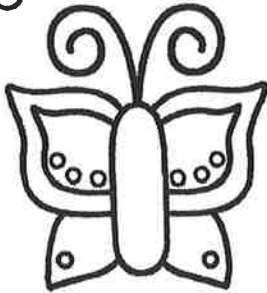
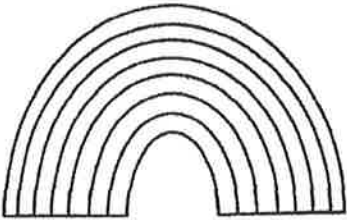
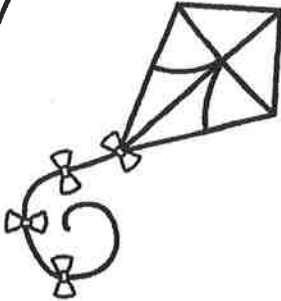

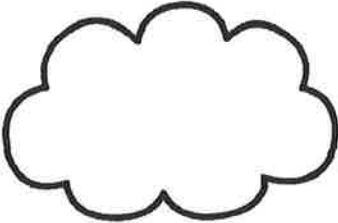
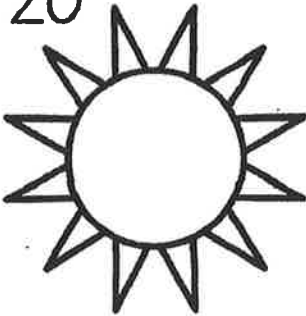

- **Move like an Animal:** Walk around the house like different animals.
 - Move like a bird (run with arms outstretched)
 - Move like a snake (wiggle on tummies on the floor)
 - Move like a bear (walk on all fours)
 - Move like a frog (get down on haunches and hop)
 - Move like a kangaroo (take big leaps with arms in front of chest)
 - Move like an elephant (with heavy stomping)
 - Move like a penguin (waddle with ankles close together and arms pinned to sides)
- **Obstacle Course:** Use furniture, pillows and blankets to create areas to crawl on, under and through.
- **Paper Plate Skating:** Put paper plates on the floor, step on them and skate around the house!
- **A Flash Light Scavenger Hunt:** Turn off the lights and hide some objects around the house for your child to go find with a flash light.
- **Hop Skip & Jump:** Set up paper plates around the house or outside and have child jump from one to the next.
- **Jumping Game:** See how far they can jump!
- **Newspaper Throwing:** Have a little indoor 'basketball' with newspapers, magazines, or scrap paper!
- **Indoor Dance Party:** Try using songs with lyrics that add movement, like "Head, Shoulders, Knees, and Toes" or "The Hokey Pokey."
- **Bubble Play:** Child can chase bubbles and try to pop as many as possible.
- **Balloon Play:** Child can throw and try to catch or kick balloons.
- **Visit a Playground or Park**

- **Play a Listening Game:** For example, "Duck, Duck, Goose," "Simon Says" or "Follow the Leader."
- **Copy me:** Do a series of exercises or silly actions, and have your child copy you.
 - Jump like a kangaroo
 - Scratch like a monkey
 - Run in a place
 - Touch your toes
 - Do arm circles
 - Hop on one foot
 - Jump forward
 - Take big steps
 - Take tiny steps
- **Shapes Yoga:** Child can make their bodies into different shapes.
- **Alphabet Magic:** Child can turn their body into the different letters of the alphabet.
- **Numbers Exercise:** Say a number and have your child perform an exercise. Example: If the date is the 15th you could have your child do 15 jumping jacks.
- **Balance Beam:** Tape lines on the floor or line-up books to act as a balance beam.
- **Frisbee Toss:** Use a frisbee or find some lids to act as frisbees. Tape a couple lines on the floor for targets and see if you can land them just right!
- **Bowling:** Line up plastic bottles to go bowling!
- **Streamer Play:** Run and spin with homemade streamers.
- **Play Ball:** Play catch with a ball and say the ABC's with each pass back and forth. Throw it, catch it, roll it, kick it!
- **Target Practice:** Stack plastic cups and child can throw a soft object to knock them over.
- **Ride a Tricycle or Scooter**

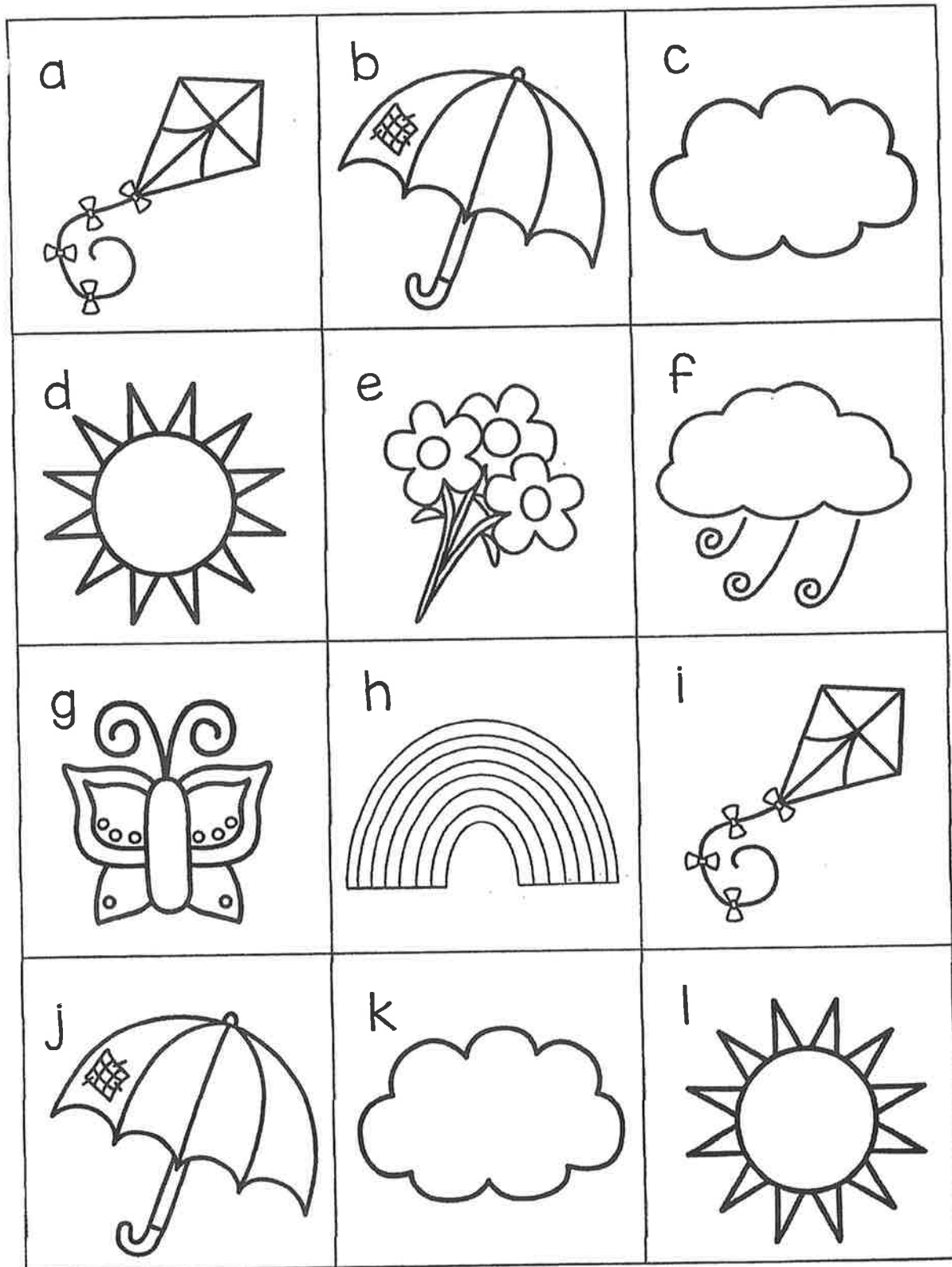
Number Game

1 	2 	3 
4 	5 	6 
7 	8 	9 
10 	11 	12 

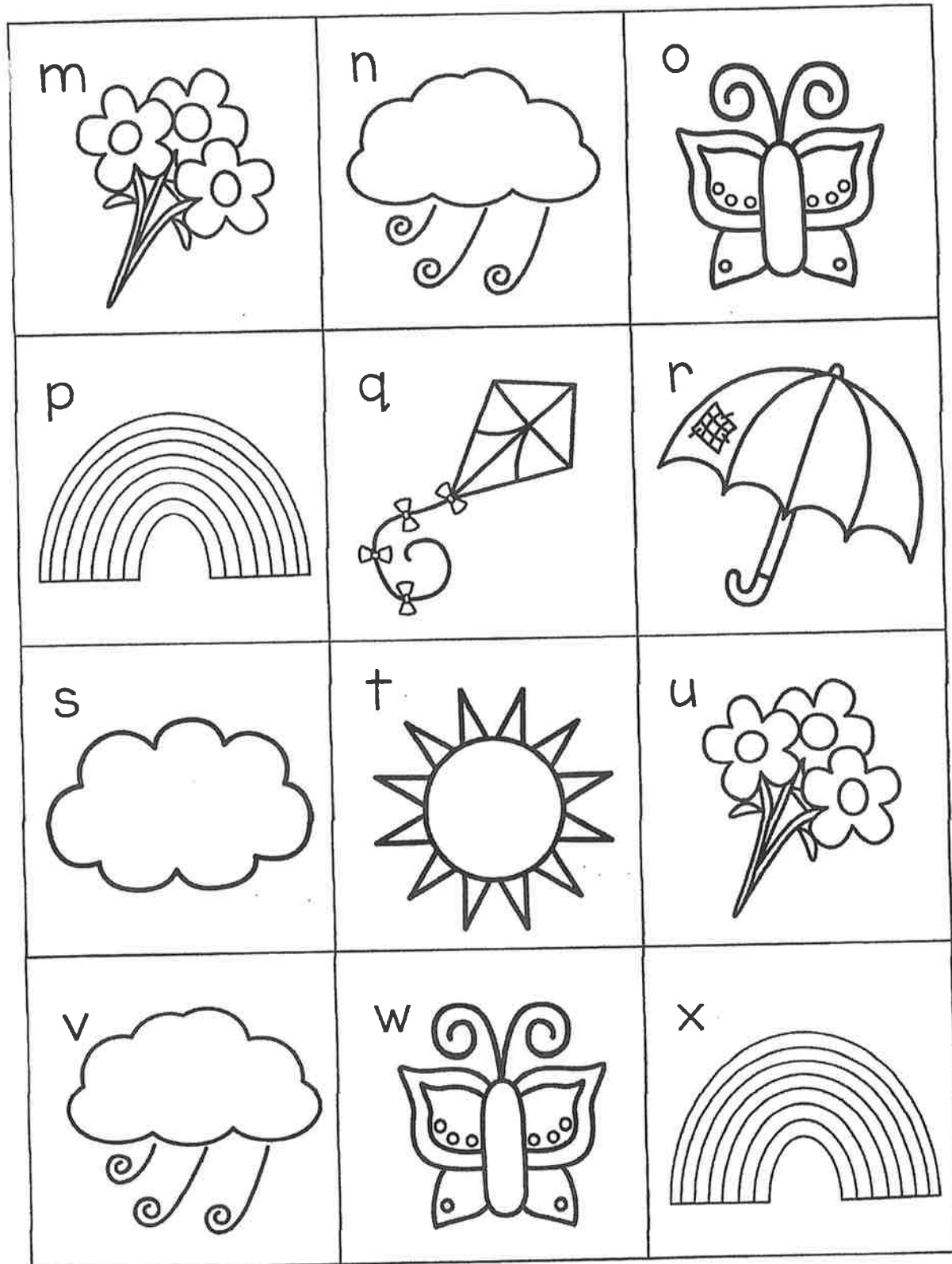
Number Game

13 	14 	15 
16 	17 	18 
19 	20 	

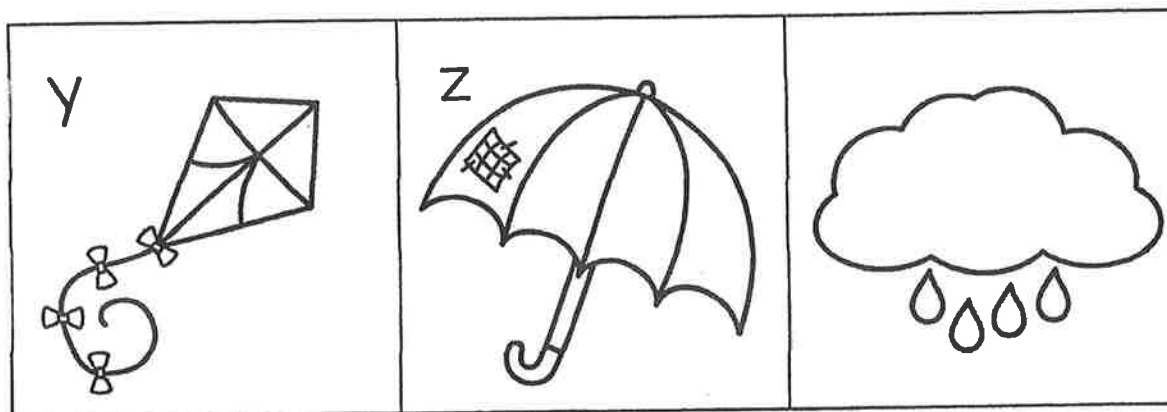
Alphabet Game



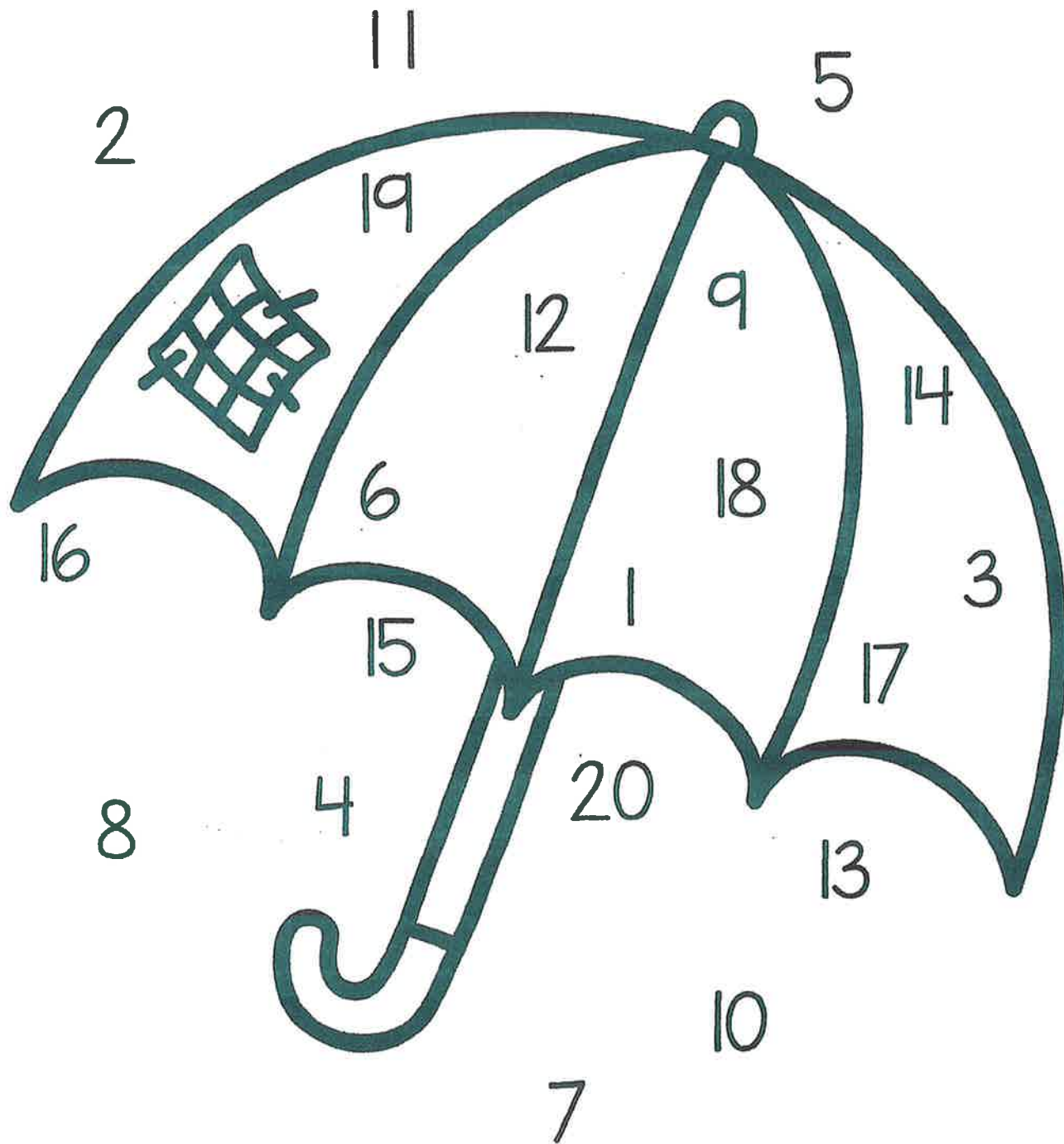
Alphabet Game



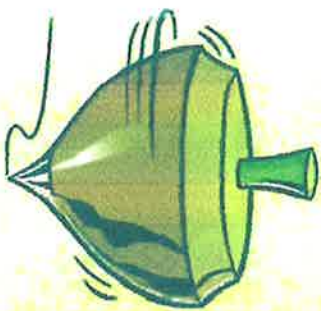
Alphabet Game



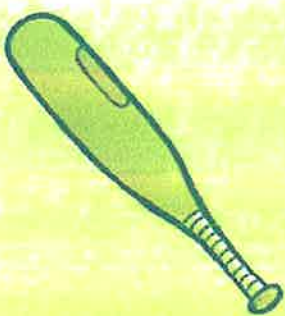
I-20 Recording Sheet



Tt



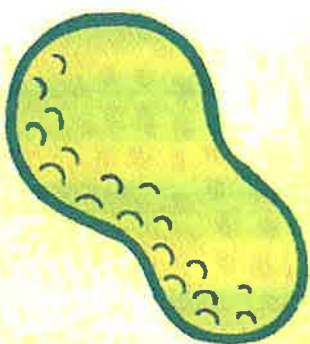
Bb



Ff



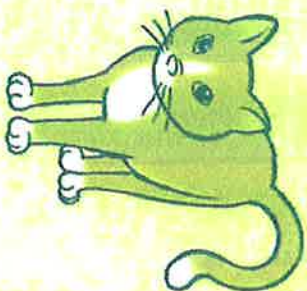
Nn



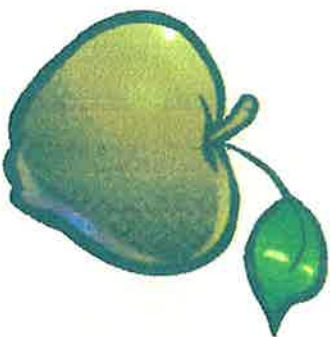
Mm



Cc



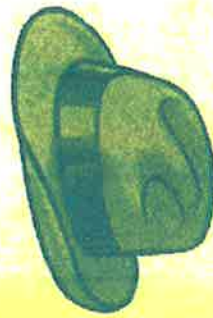
Aa



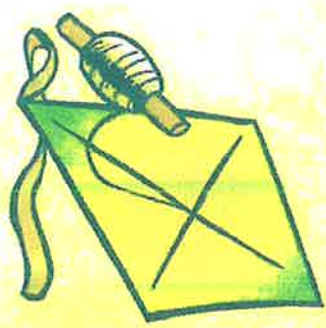
Ii



Hh



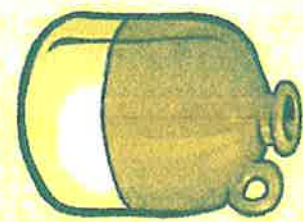
Kk



Pp



Jj



Vv



Ww



Zz



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Rr



Oo



Gg



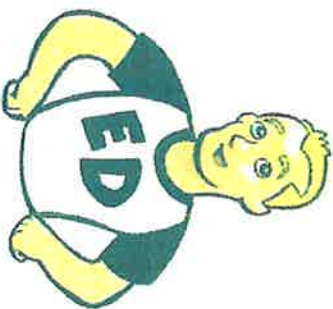
Dd



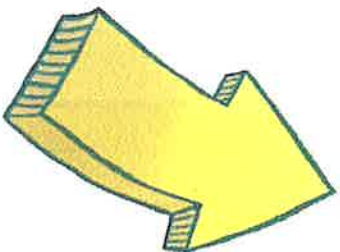
Ss



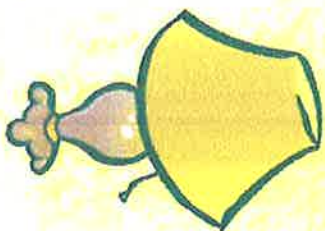
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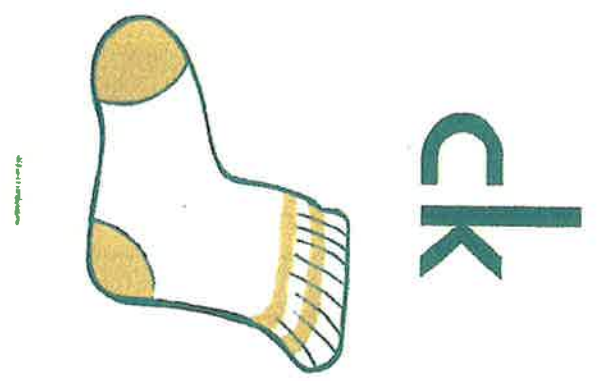
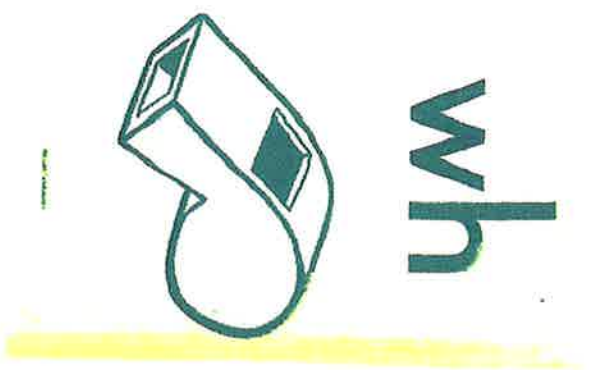
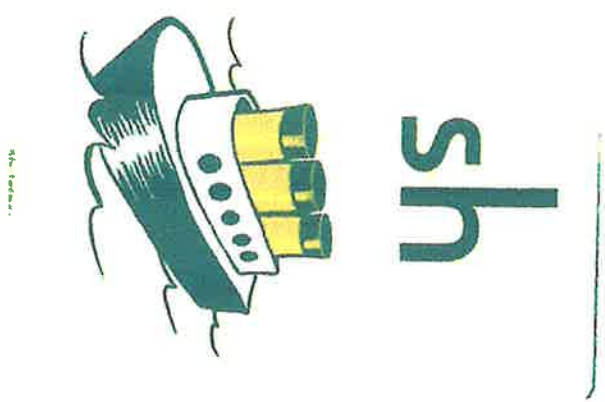
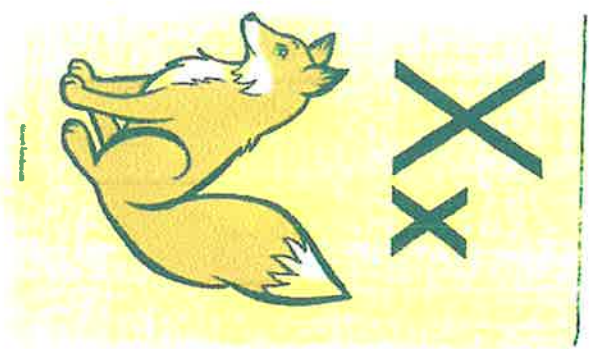
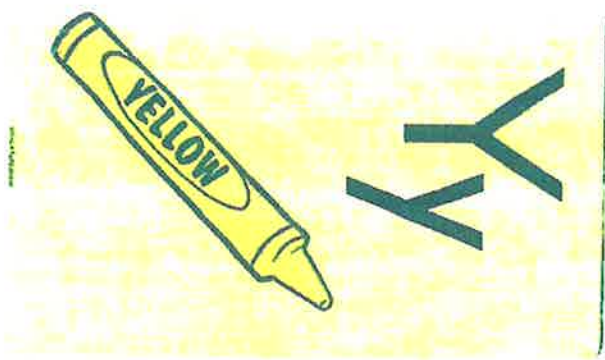


Uu

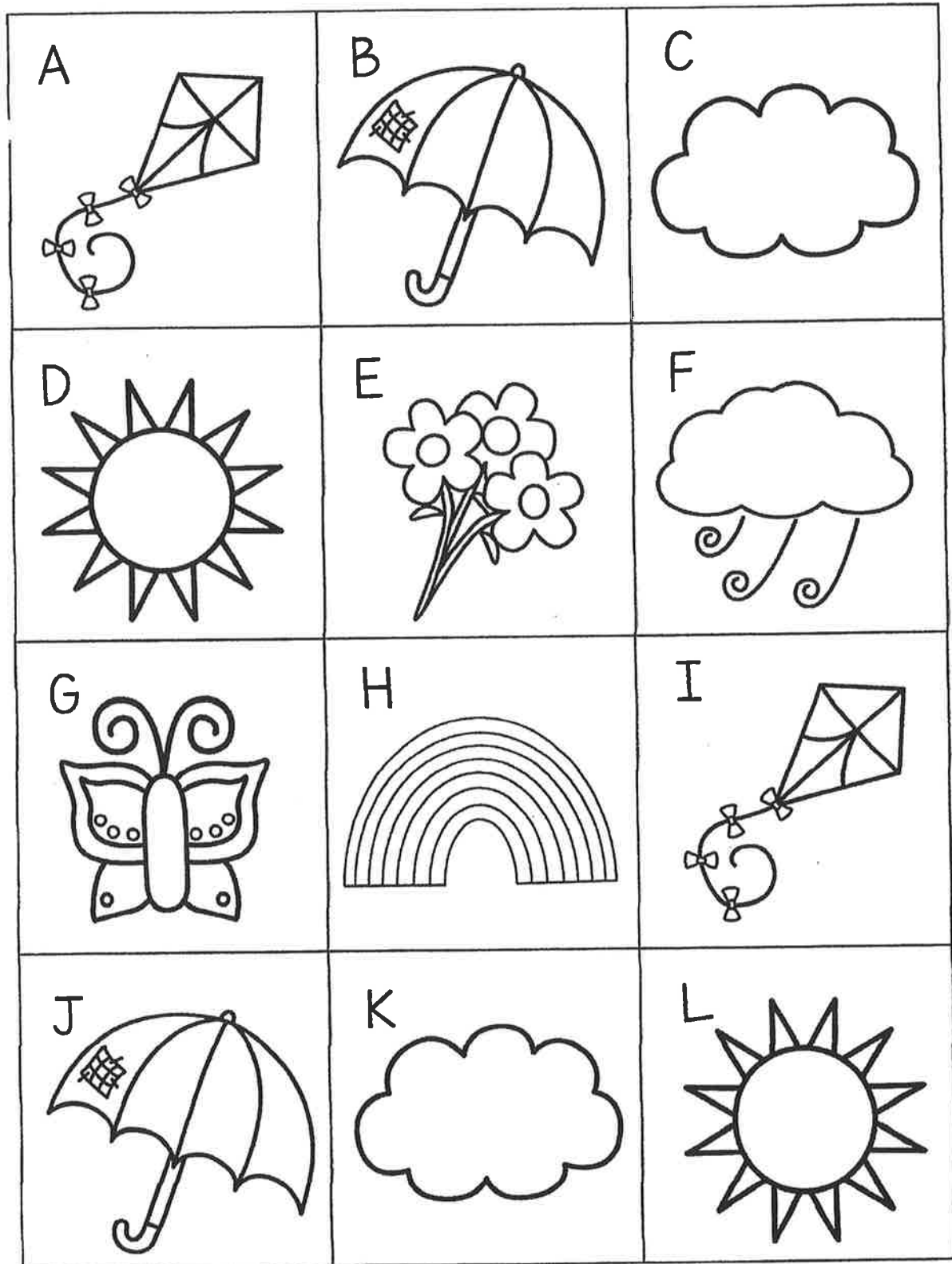


Ll

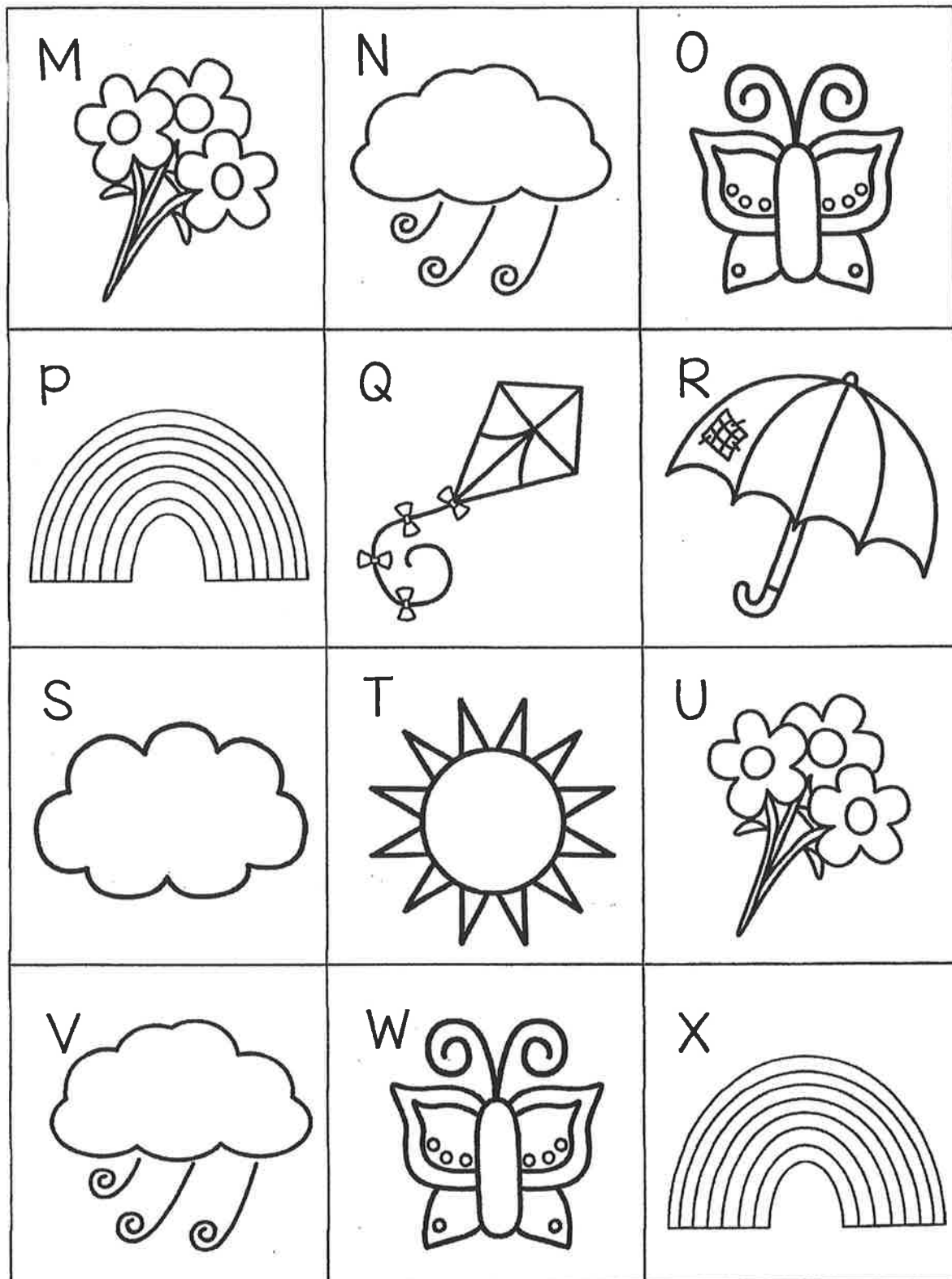




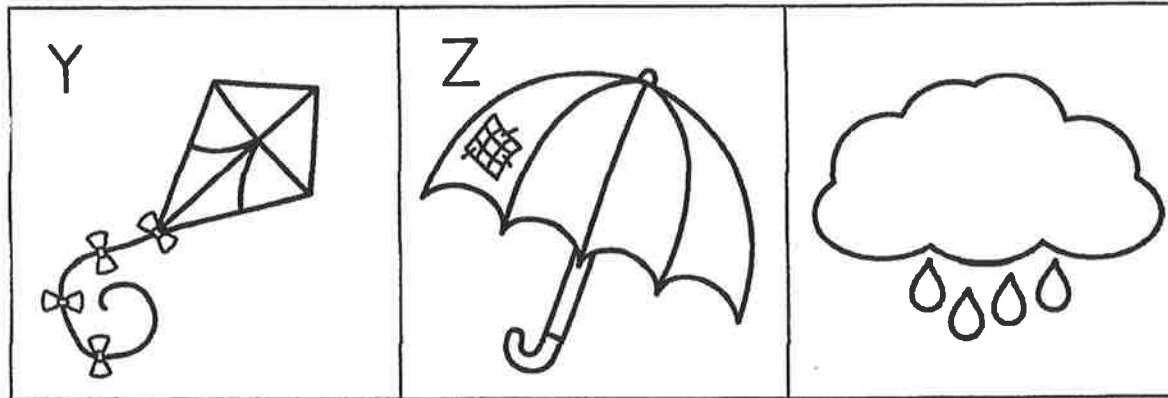
Alphabet Game



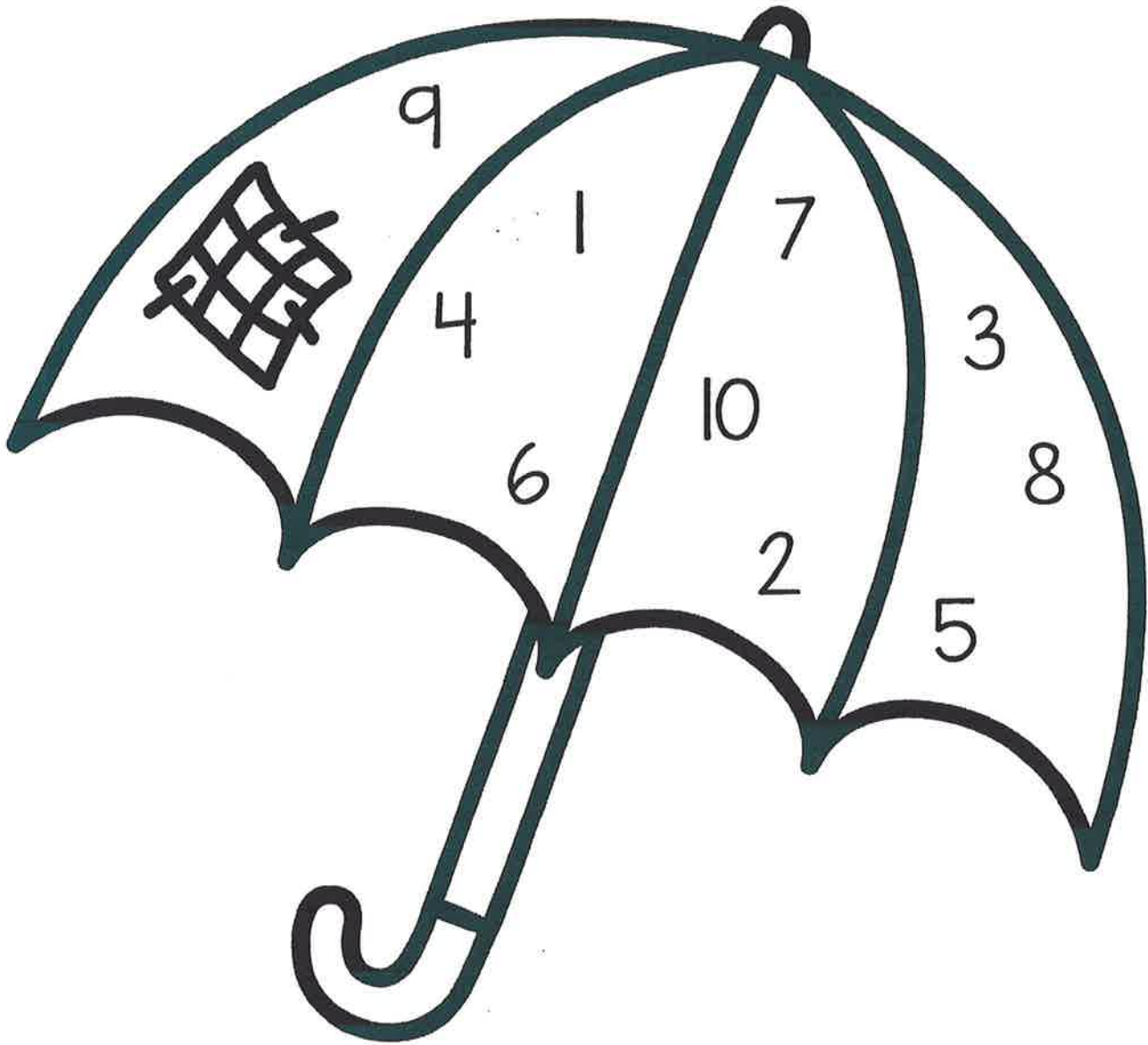
Alphabet Game



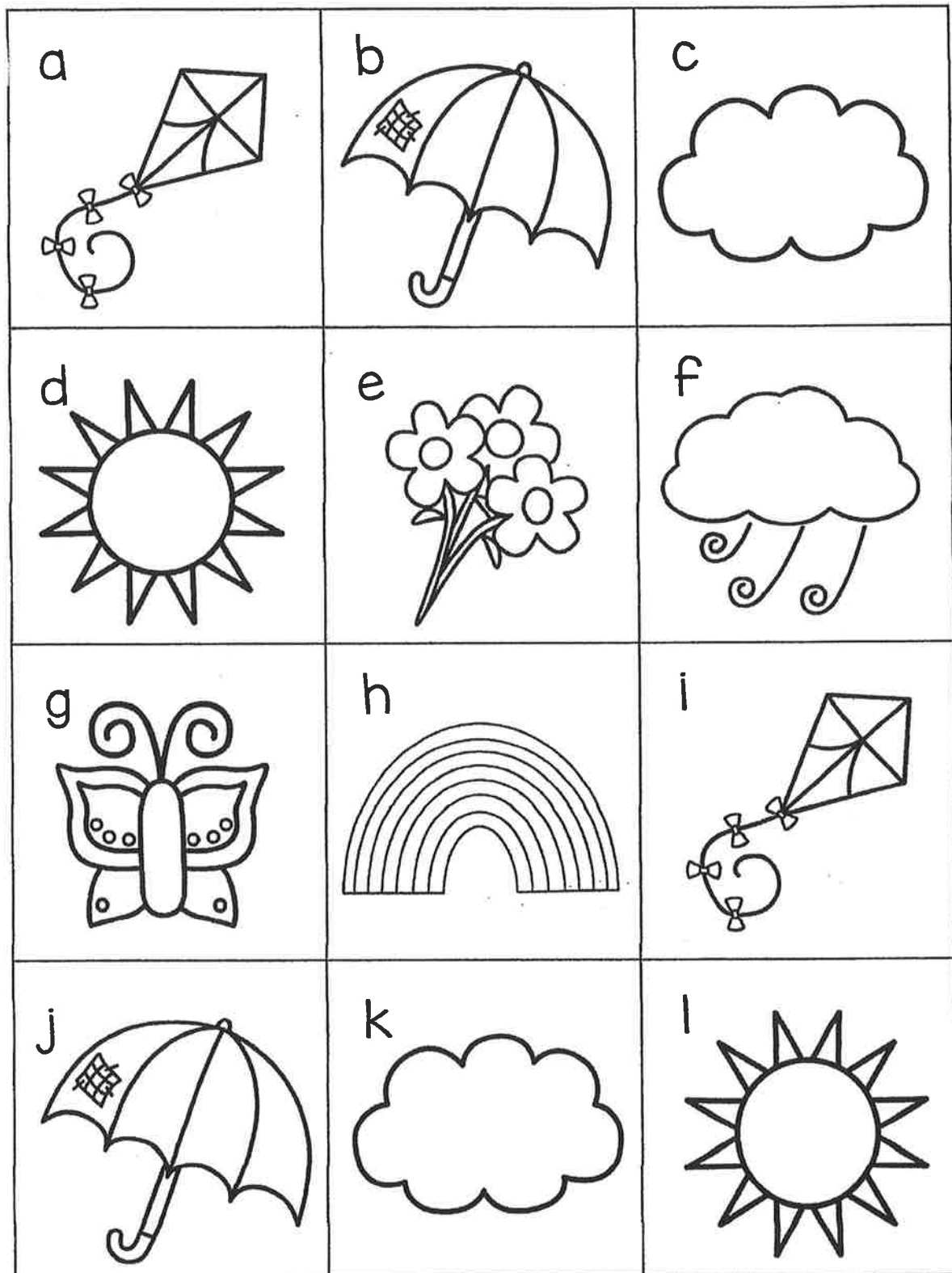
Alphabet Game



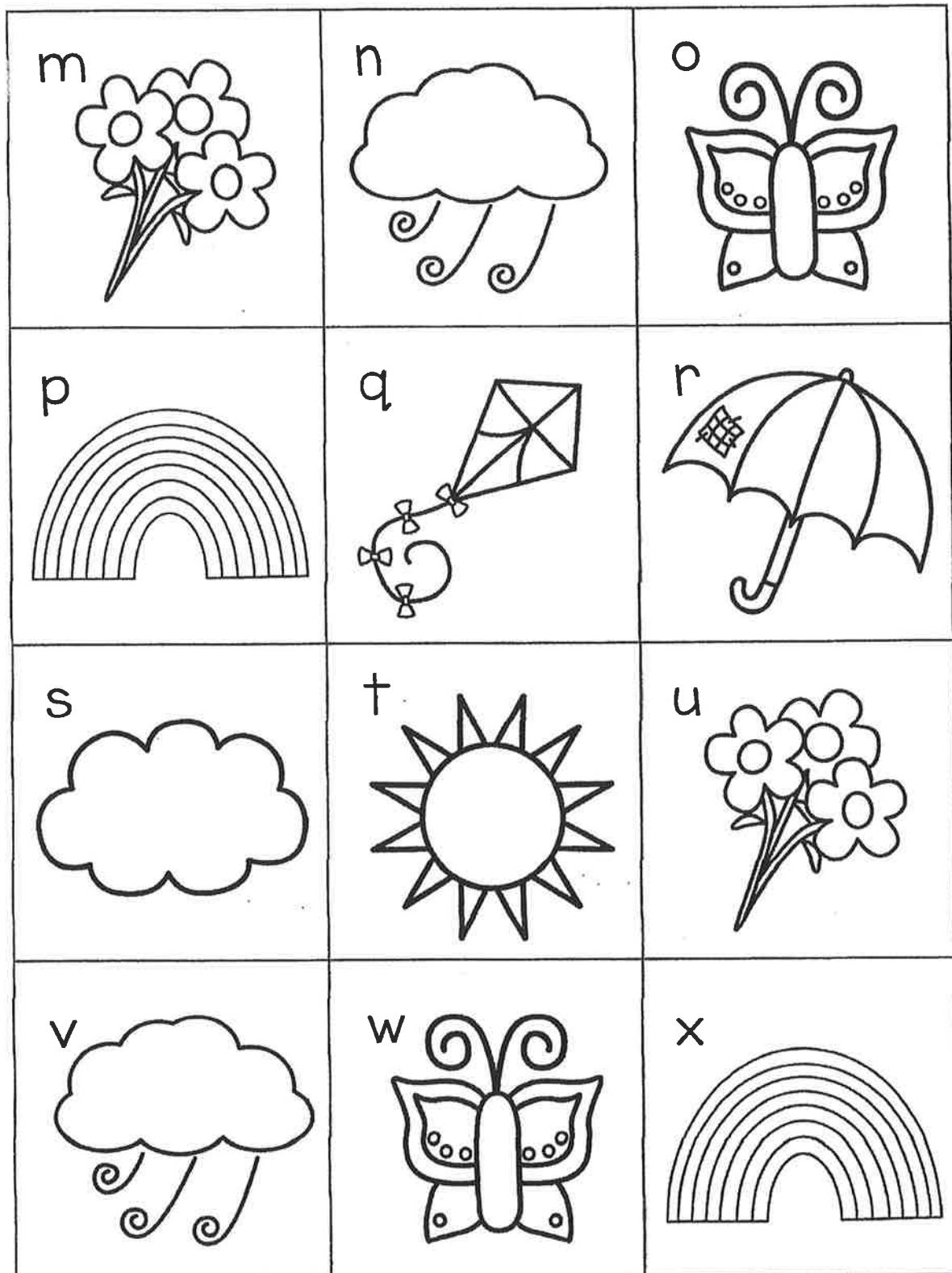
I-10 Recording Sheet



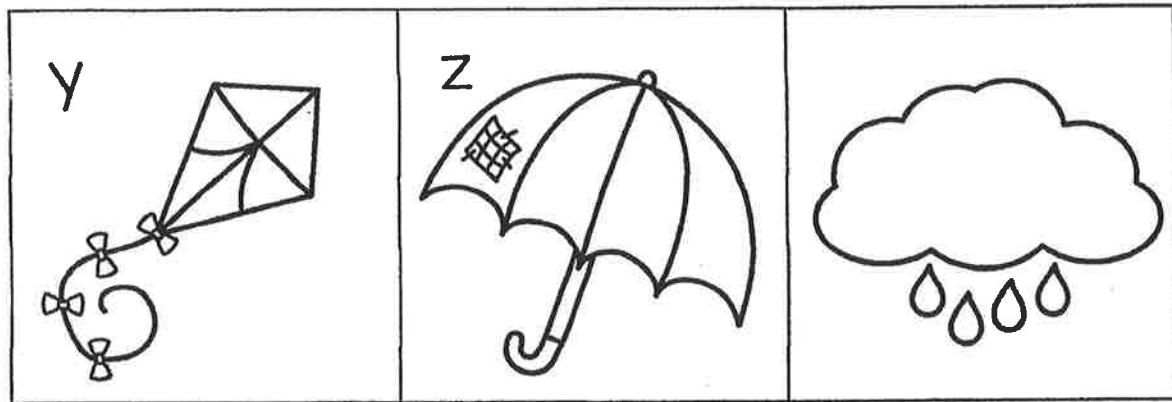
Alphabet Game



Alphabet Game



Alphabet Game



I Can Use My Words



Created by Rochelle Lentini, USF
Adapted 2004

1

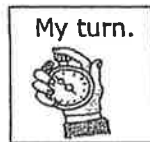


Sometimes I forget to use my words.

2



I can use words
with pictures,



with written words,



or by talking.

3



When I use words with people, they
can understand what I am saying.

4

Sometimes I want something I can't have, but it may be a choice later.

When can I use this?



After lunch when we come back outside.

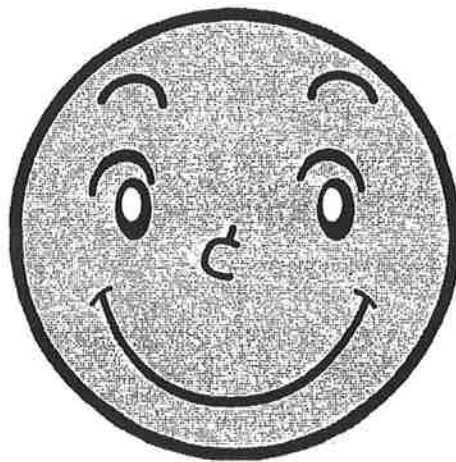


Can I have a turn?



I can use my words and ask, "When can I use this?"

5



Everyone is happy when I use my words.

6

I can use words to tell people how I feel.

I say, "I am mad."

I'm mad!



or

"I don't like that."



I don't like that!

7

Say,
"I need help."



Say,
"All done."

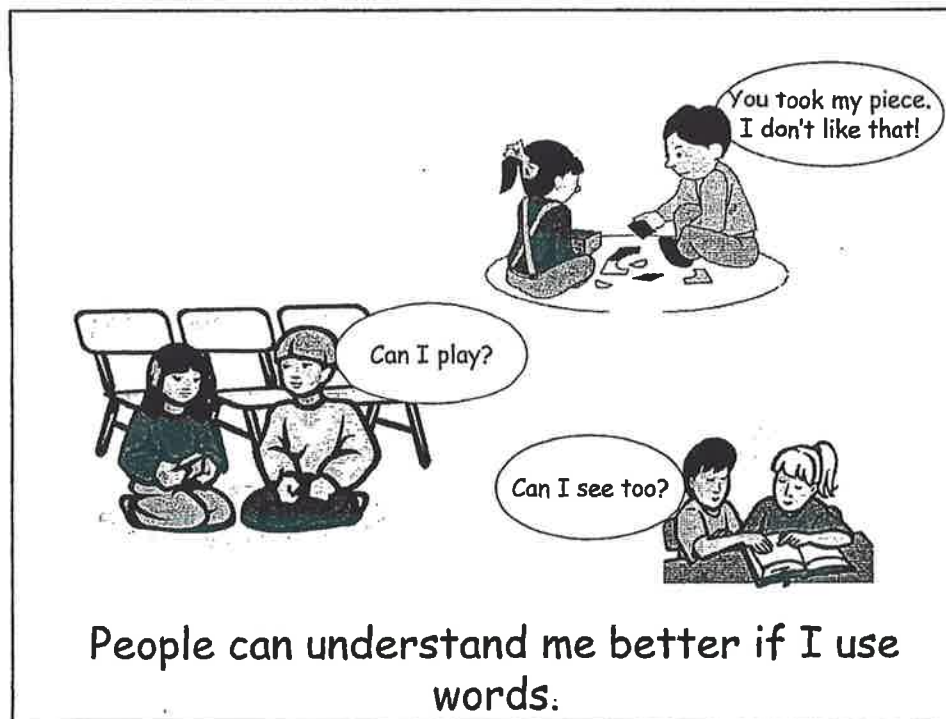


My family and my teachers can help me
remember to use words.

8



9



10



People can have a hard time listening to me when I whine and scream.



11



Whining and screaming can hurt people's ears.



12

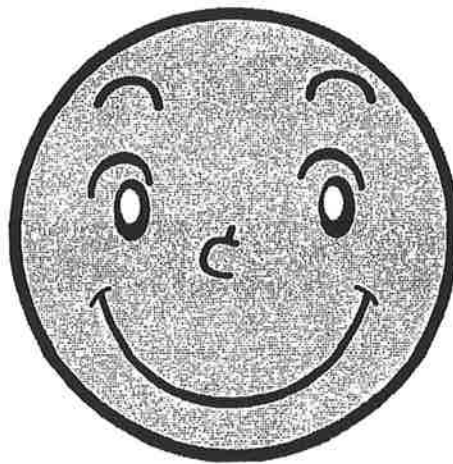


When I whine, scream, or cry,



people around me can get angry or
upset.

13



Everyone is happy when I use my words.

14

Day 2

Literacy Activity- Beginning Sounds: Cut out the *Beginning Sound Wheel*. Then, write the beginning sounds on the ends of clothespins. Have child match the clothespins to the pictures with the same beginning sounds. Finally, have child write the letters in the boxes on the *Recording Sheet*.

Math Activity- Board Game: Cut out the *Printable Die* and assemble with tape or glue. Have child roll the die and move their playing piece the correct number of spaces.

Social/Emotional Activity 2- Feelings

Gross Motor Activities- Choose 1-2

Spring Walk

Language Activity:

Take a walk outside. Notice all the things that are changing. What animals do you see? Are the trees changing? Who is building a nest? Focus on asking who, what, where, when, and why questions.



Concept Focus:

Old/New

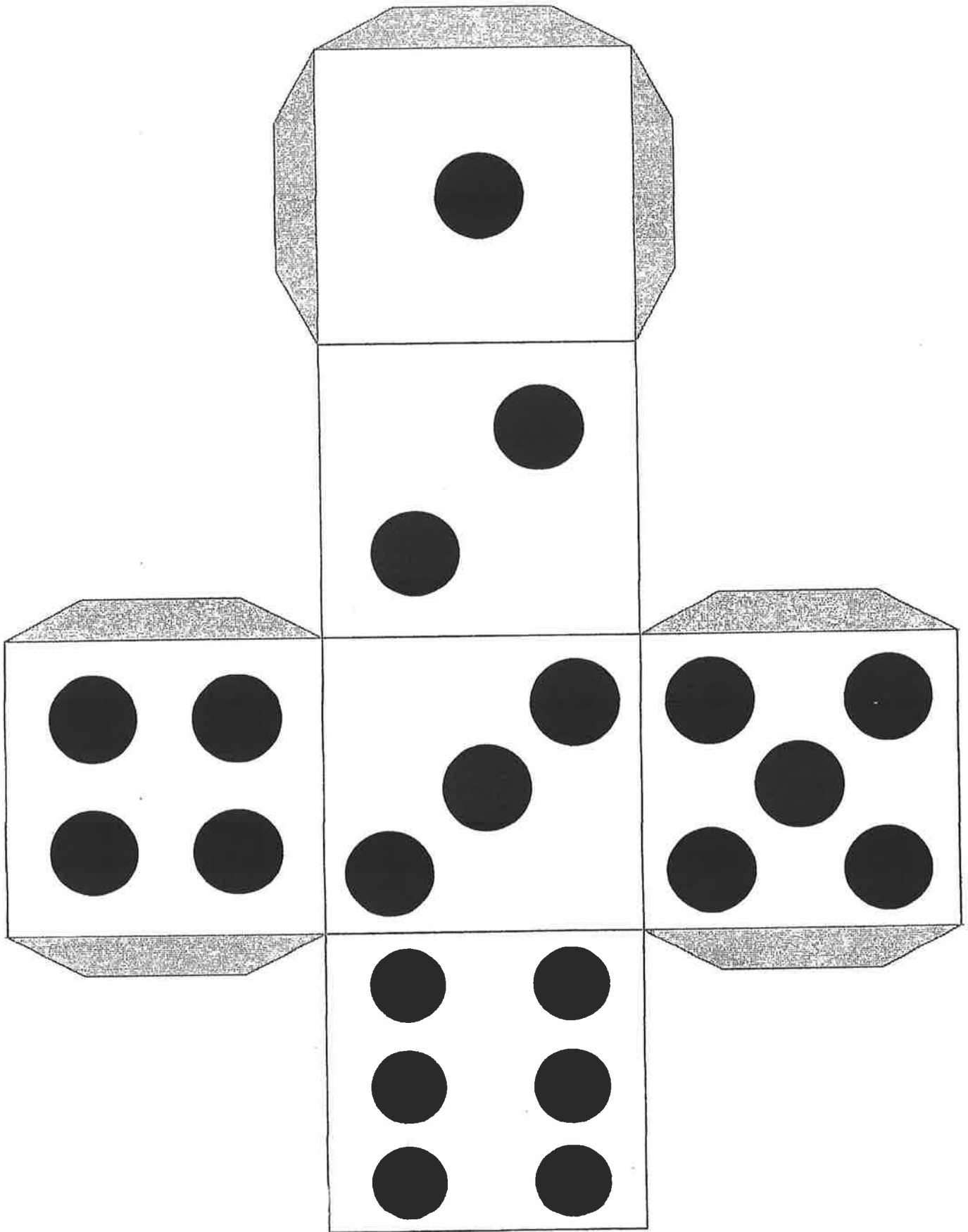
Lots of new things appear in the spring. Baby birds, blossoms, and sprouts. On your walk, find 5 new things and 5 old things.

Target Vocab:

hike
bloom
flower
animal
Spring
change
explore

Speech Activity:

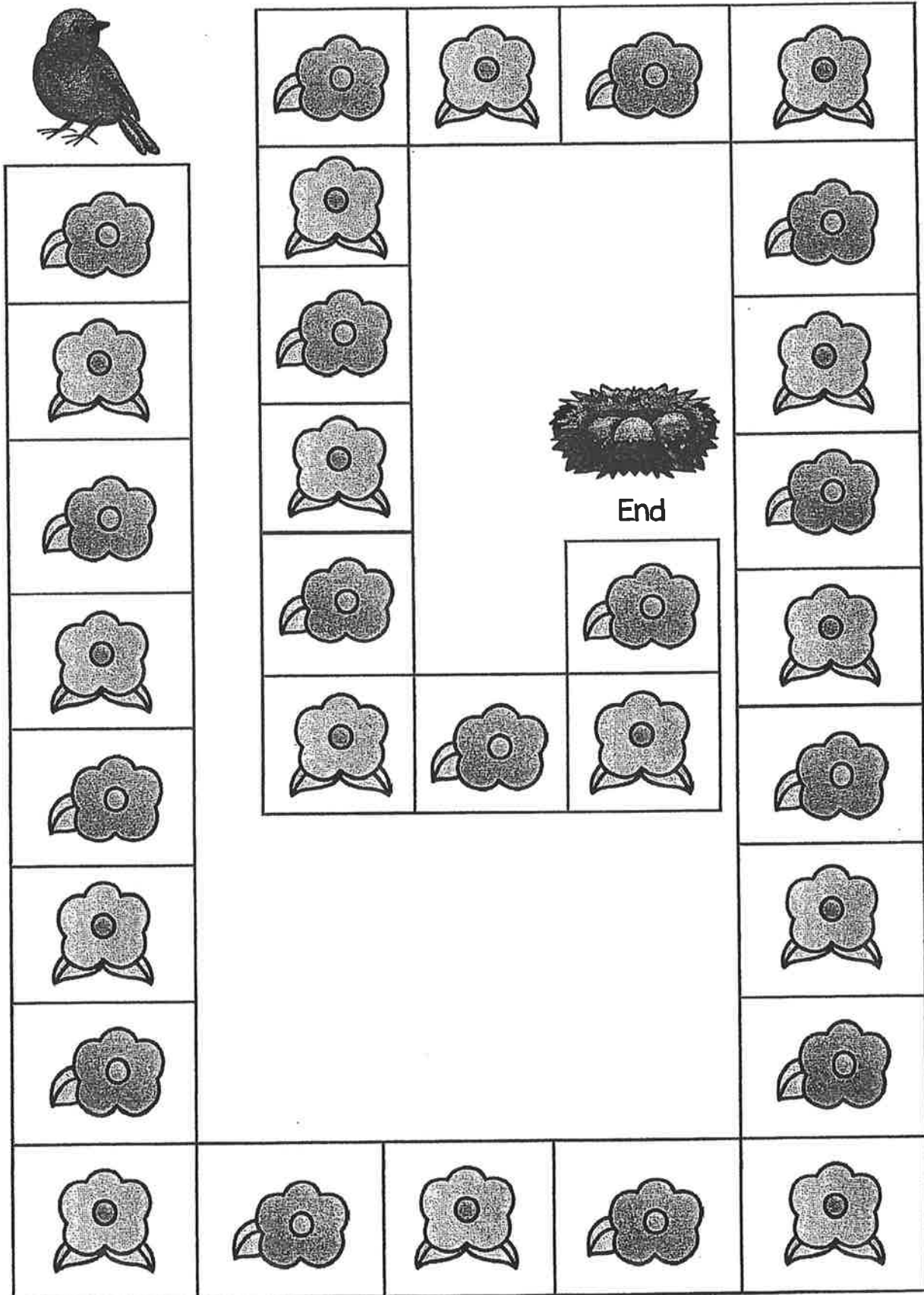
Find 10 different spring items that have your speech sound. Make a list and when you get home, draw a picture that has those items.

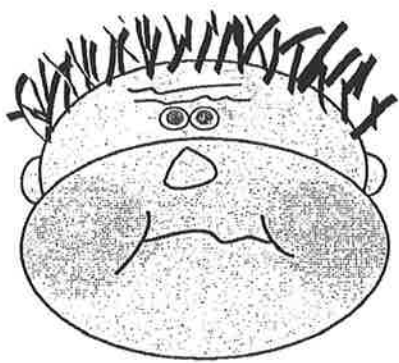


Start

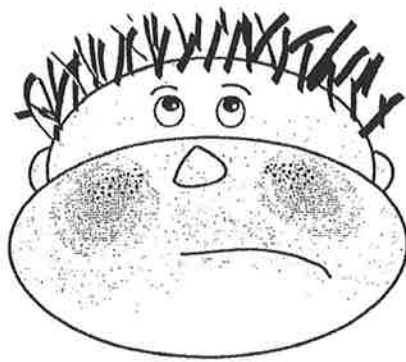


Board Game





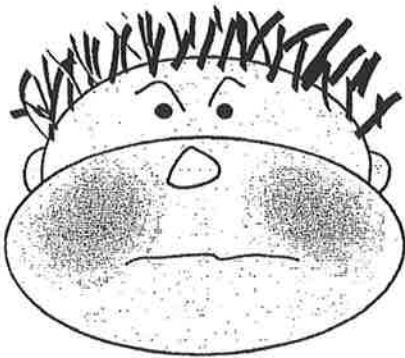
Frustrated



Embarrassed

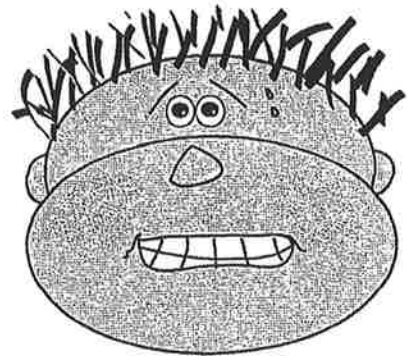


Sad

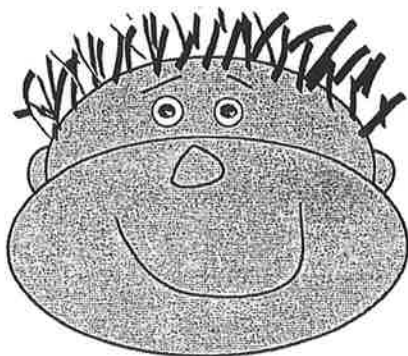


Mad

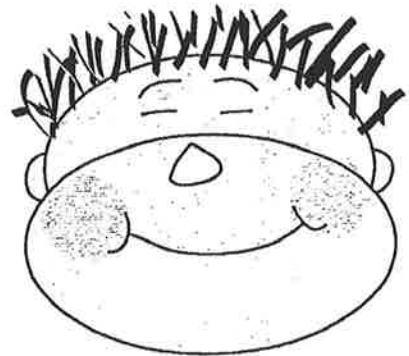
**This
is
how
I
feel
today!**



Nervous



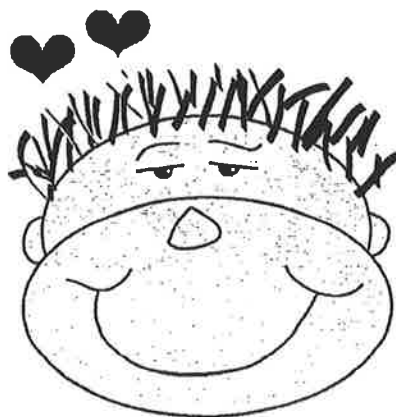
Happy



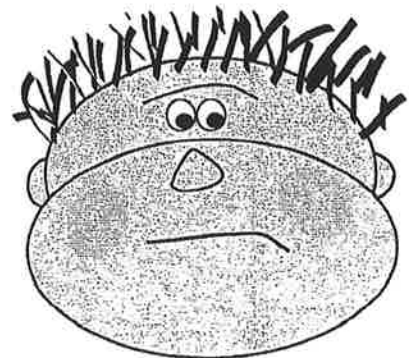
Proud



Scared



Loved



Lonely

Gross Motor Activities



Join in and have fun!

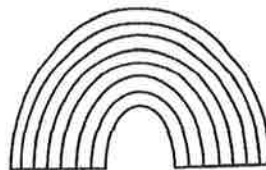
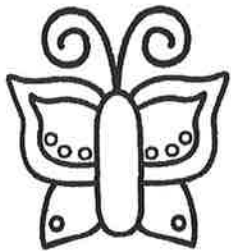
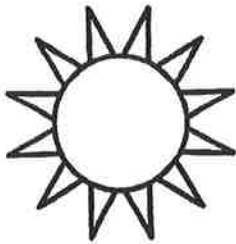
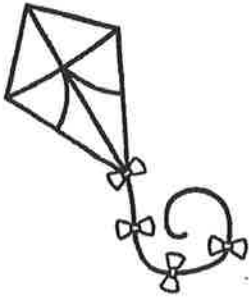
- **Move like an Animal:** Walk around the house like different animals.
 - Move like a bird (run with arms outstretched)
 - Move like a snake (wiggle on tummies on the floor)
 - Move like a bear (walk on all fours)
 - Move like a frog (get down on haunches and hop)
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 - Move like an elephant (with heavy stomping)
 - Move like a penguin (waddle with ankles close together and arms pinned to sides)
- **Obstacle Course:** Use furniture, pillows and blankets to create areas to crawl on, under and through.
- **Paper Plate Skating:** Put paper plates on the floor, step on them and skate around the house!
- **A Flash Light Scavenger Hunt:** Turn off the lights and hide some objects around the house for your child to go find with a flash light.
- **Hop Skip & Jump:** Set up paper plates around the house or outside and have child jump from one to the next.
- **Jumping Game:** See how far they can jump!
- **Newspaper Throwing:** Have a little indoor 'basketball' with newspapers, magazines, or scrap paper!
- **Indoor Dance Party:** Try using songs with lyrics that add movement, like "Head, Shoulders, Knees, and Toes" or "The Hokey Pokey."
- **Bubble Play:** Child can chase bubbles and try to pop as many as possible.
- **Balloon Play:** Child can throw and try to catch or kick balloons.
- **Visit a Playground or Park**

- **Play a Listening Game:** For example, "Duck, Duck, Goose," "Simon Says" or "Follow the Leader."
- **Copy me:** Do a series of exercises or silly actions, and have your child copy you.

- Jump like a kangaroo
- Scratch like a monkey
- Run in a place
- Touch your toes
- Do arm circles
- Hop on one foot
- Jump forward
- Take big steps
- Take tiny steps

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- **Numbers Exercise:** Say a number and have your child perform an exercise. Example: If the date is the 15th you could have your child do 15 jumping jacks.
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- **Frisbee Toss:** Use a frisbee or find some lids to act as frisbees. Tape a couple lines on the floor for targets and see if you can land them just right!
- **Bowling:** Line up plastic bottles to go bowling!
- **Streamer Play:** Run and spin with homemade streamers.
- **Play Ball:** Play catch with a ball and say the ABC's with each pass back and forth. Throw it, catch it, roll it, kick it!
- **Target Practice:** Stack plastic cups and child can throw a soft object to knock them over.
- **Ride a Tricycle or Scooter**

Beginning Sound Recording Sheet



Beginning Sound Wheel



Key: sun, kite, rainbow, flower, umbrella, butterfly

Day 3

Literacy Activity- Syllable Game: Cut out *Syllable Cards*.

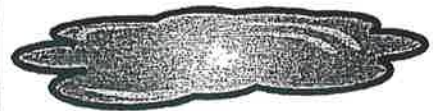
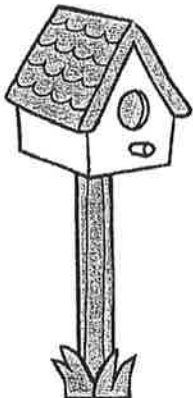
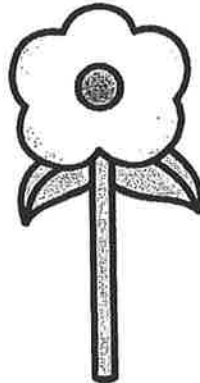
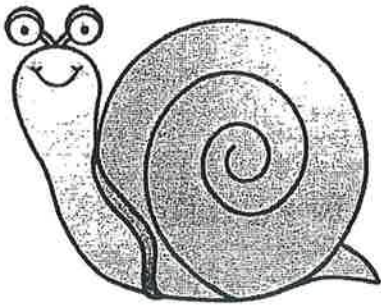
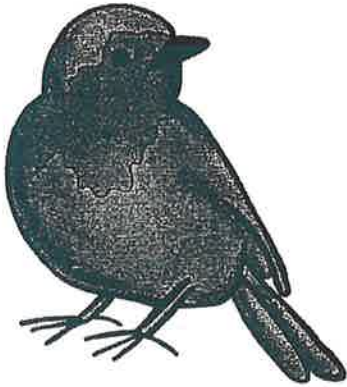
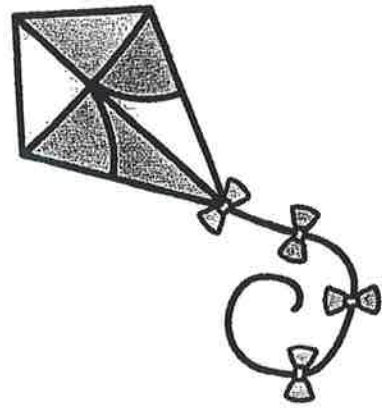
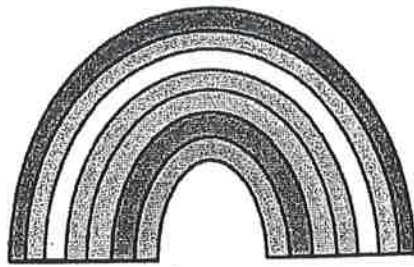
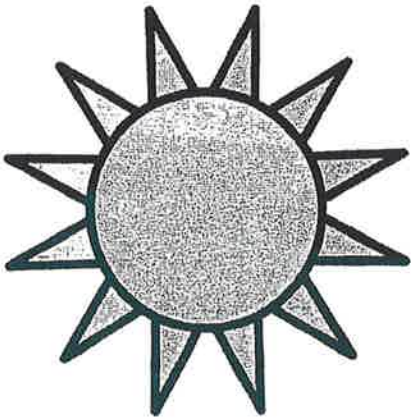
Place all the picture cards in a basket. Have child choose a card and point to the hand representing one, two, or three syllables in the word. Then have child pick a Movement Card and perform the corresponding number of movements.

Math Activity- Graph: Cut out the *Picture Die* and assemble with tape or glue. Have child roll the die and mark one space on their graph by coloring in the squares. Have them keep playing until one column reaches the top. Ask questions such as, which column has more, less, and how many more each column has than the others.

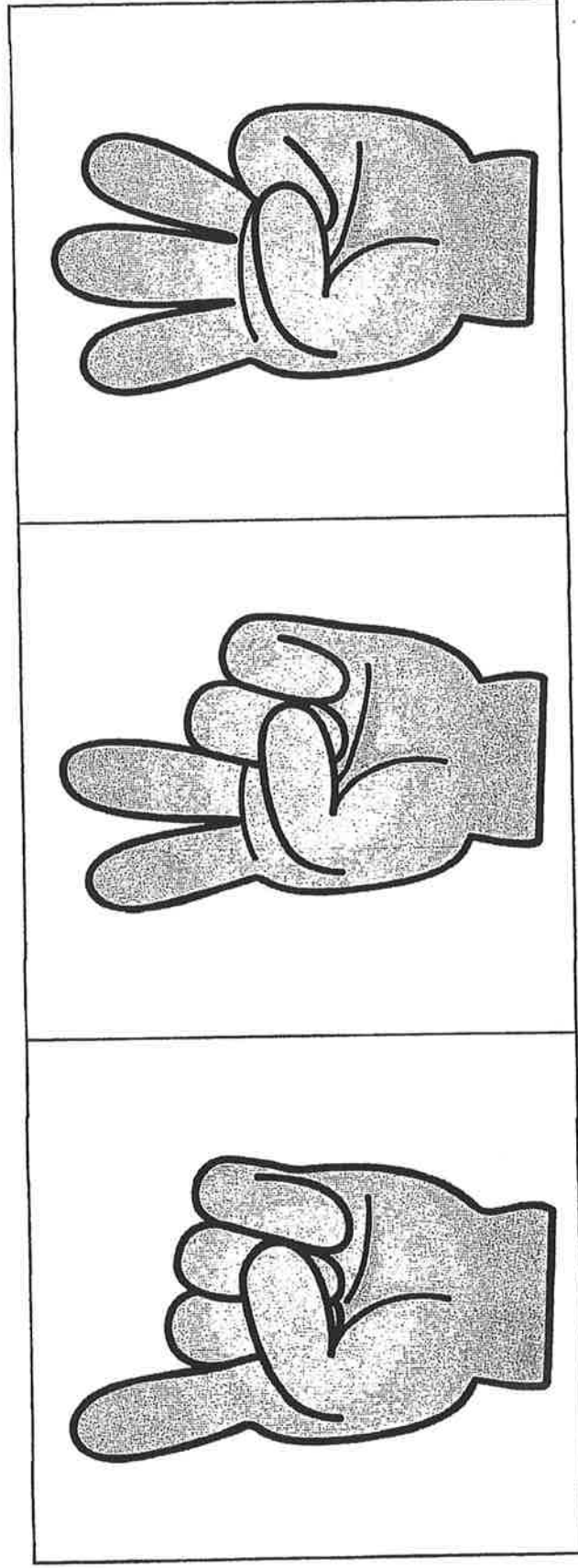
Social/Emotional Activity 3- Naming Feelings

Gross Motor Activities- Choose 1-2

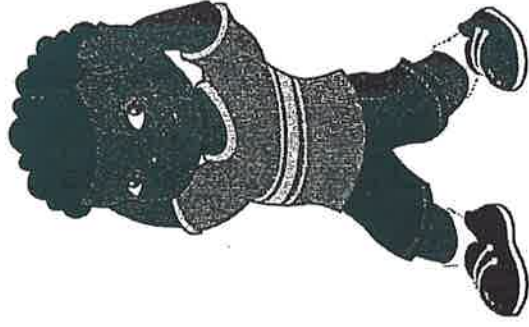
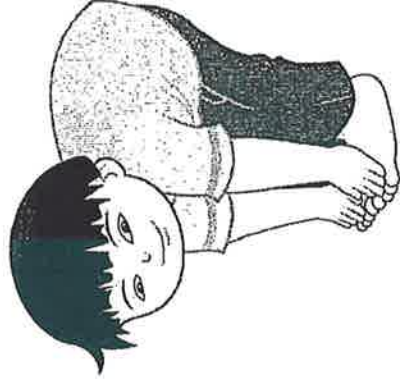
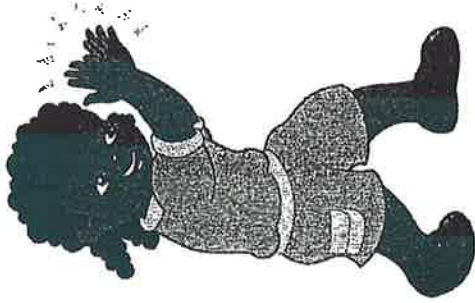
Syllable Cards

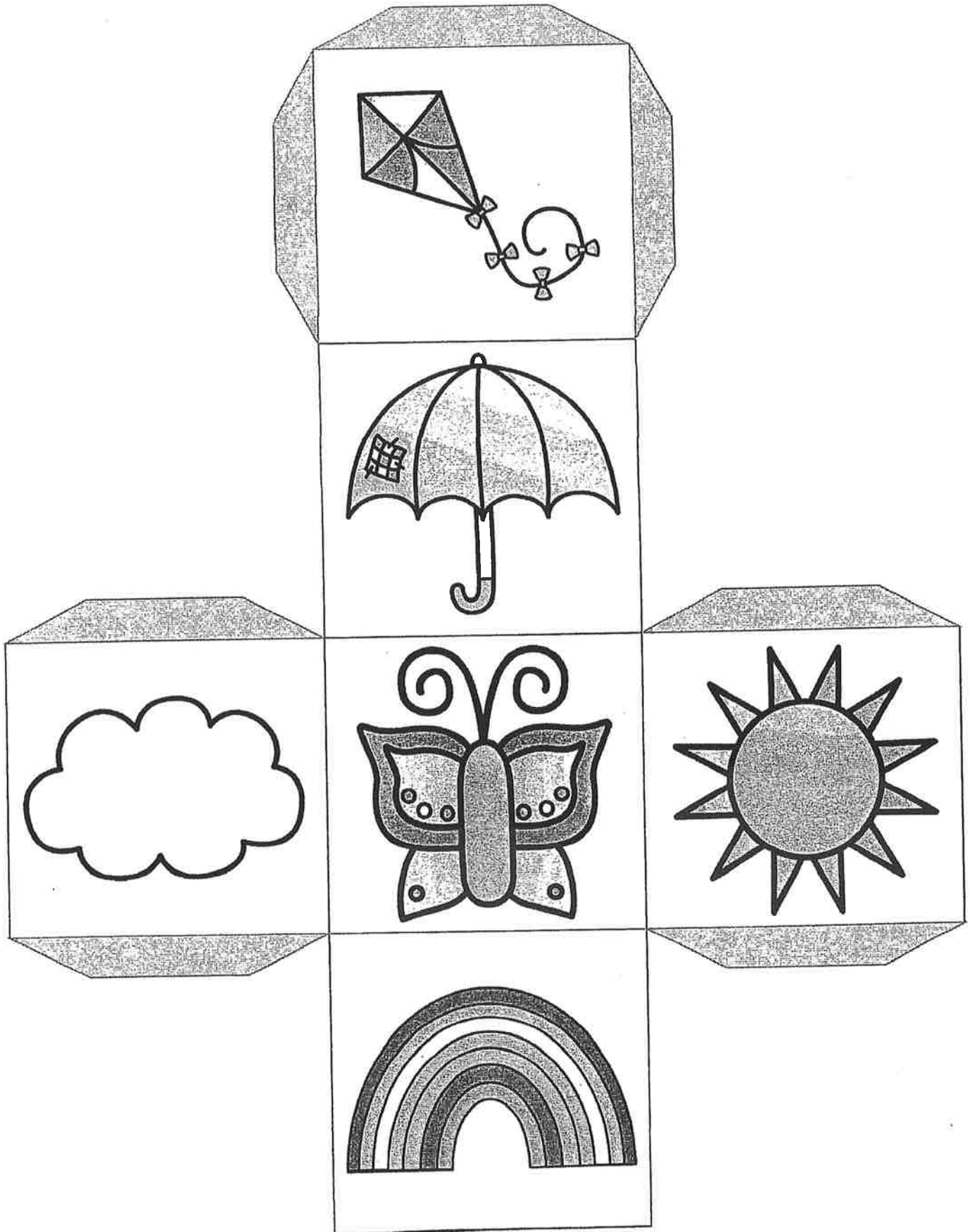


Syllable Game Number Cards

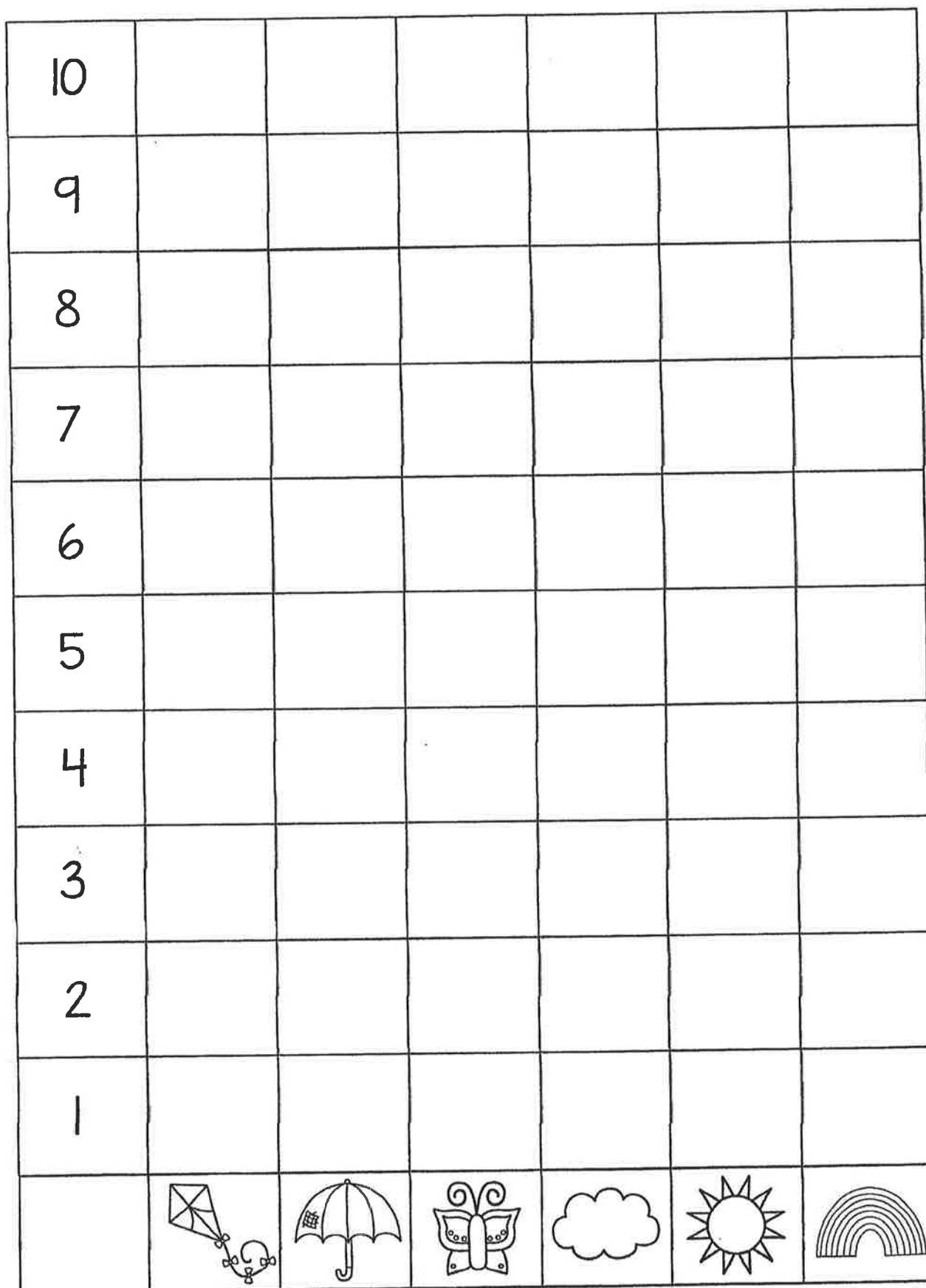


Syllable Movement Cards





Graph





Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching
the "Turtle Technique"

By Rochelle Lentini, University of South Florida

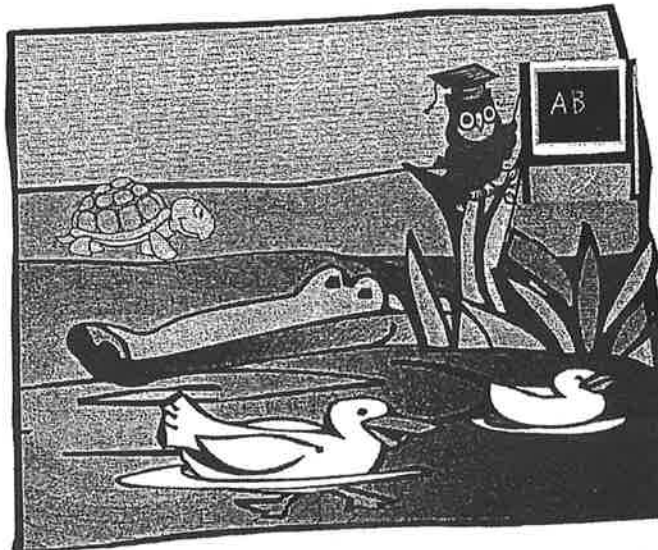
Updated 2007

Created using pictures from Microsoft Clipart® and Webster-Stratton, C. (1991). *The teachers and children videotape series: Dina dinosaur school*. Seattle, WA: The Incredible Years.

Center on the Social
and Emotional Foundations
for Early Learning

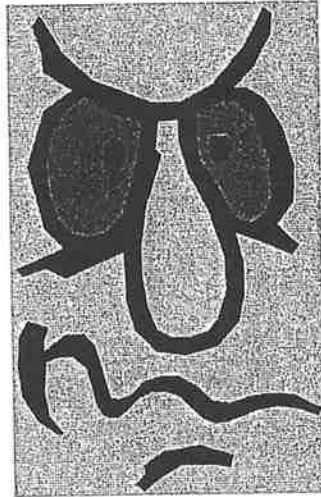
1

Tucker Turtle is a terrific turtle. He likes to play
with his friends at Wet Lake School.



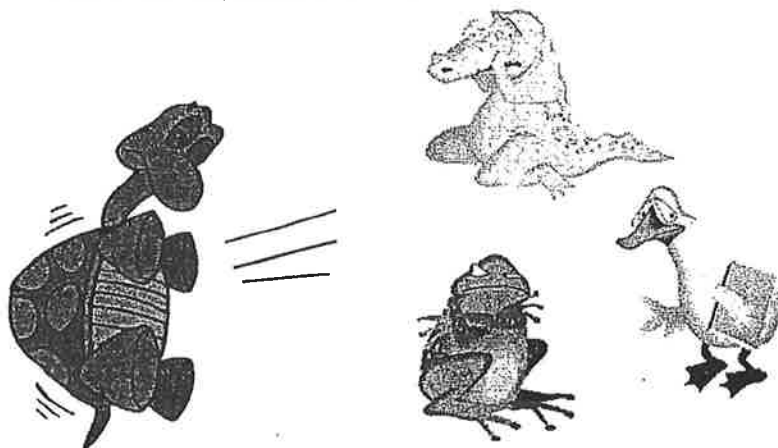
2

But sometimes things happen that can make Tucker really mad.



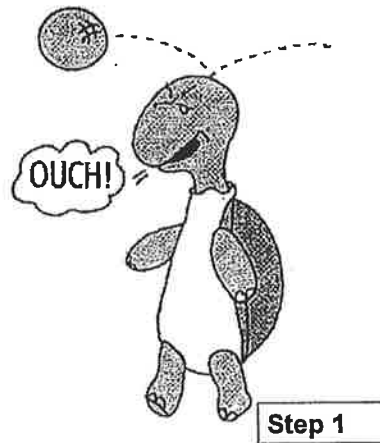
3

When Tucker got mad, he used to hit, kick, or yell at his friends. His friends would get mad or upset when he hit, kicked, or yelled at them.



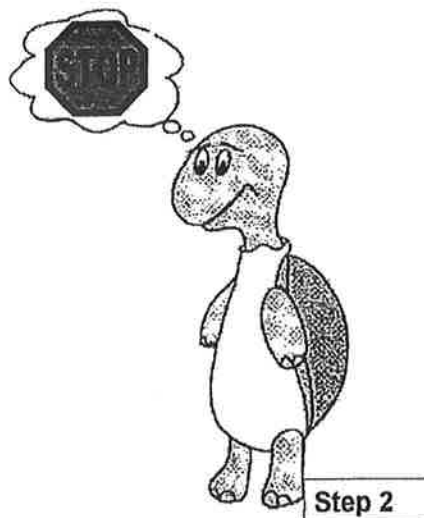
4

Tucker now knows a new way to "think like a turtle"
when he gets mad.



5

He can **stop** and keep his hands, body, and yelling
to himself!



6

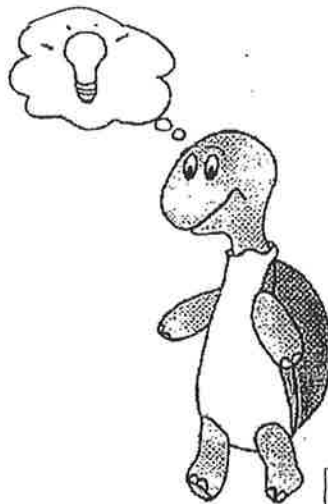
He can **tuck** inside his shell and take **3 deep breaths** to calm down.



Step 3

7

Tucker can then **think of a solution** or a way to make it better.

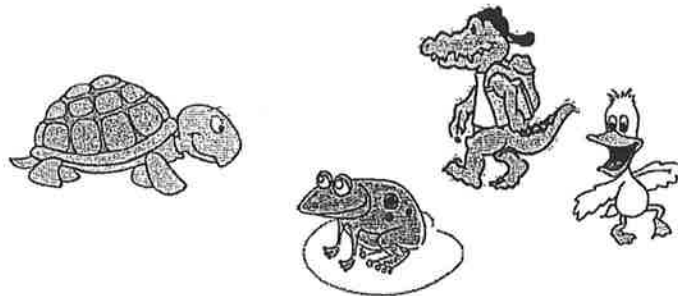


Step 4

8

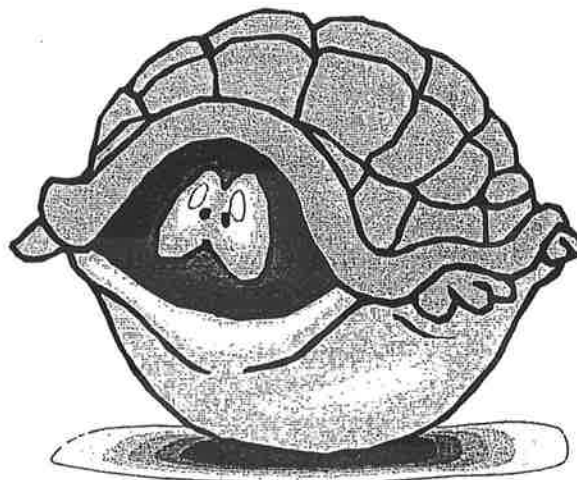


Tucker's friends are happy when he plays nicely and keeps his body to himself. Friends also like it when Tucker uses nice words or has a teacher help him when he is upset.



9

The End!



10

How to Calm Down

Put your hands
on your tummy.
Say "Stop."

Name
your feeling.

Take
belly breaths.

Gross Motor Activities



Join in and have fun!

- **Move like an Animal:** Walk around the house like different animals.
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- **Ride a Tricycle or Scooter**

Day 4

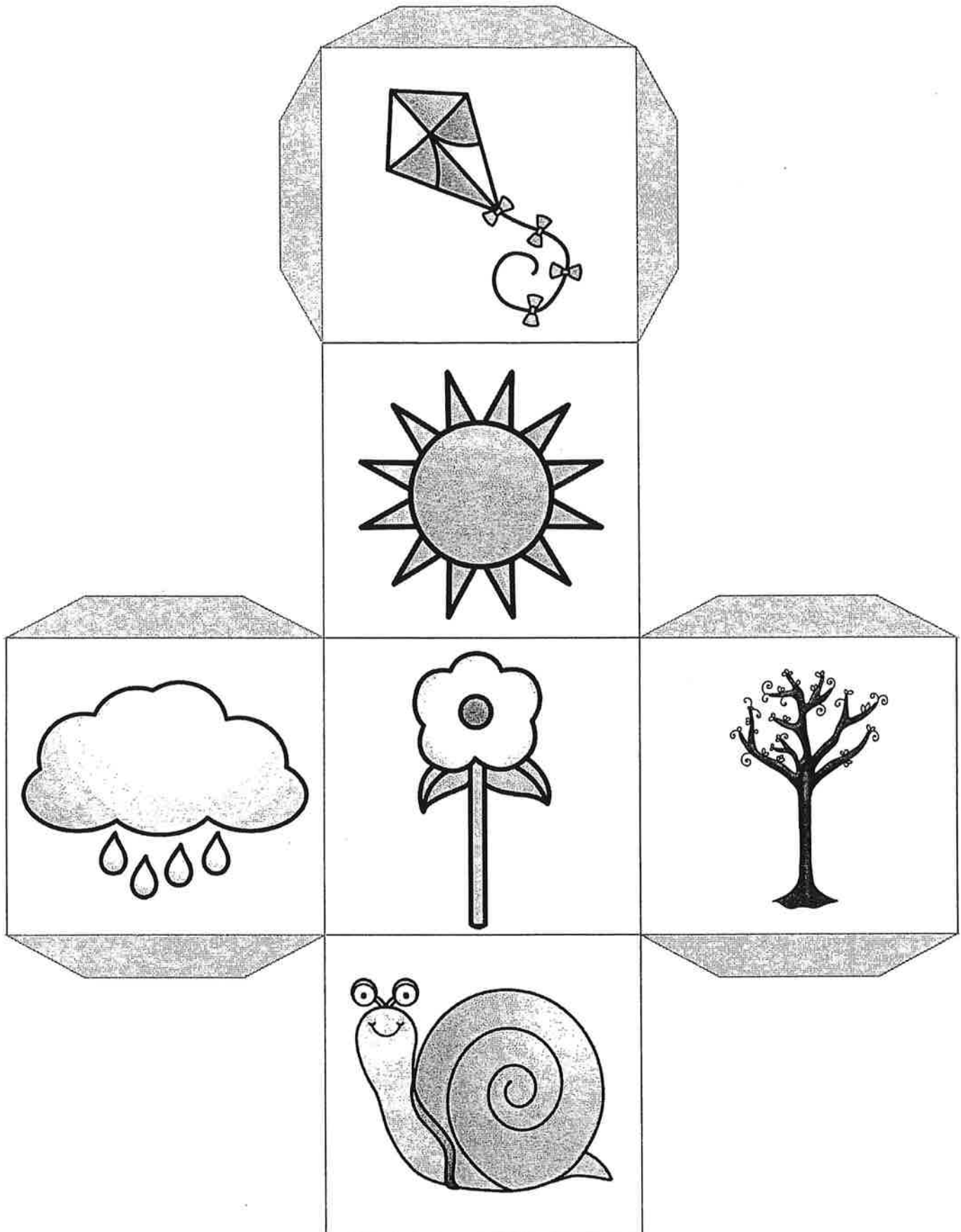
Literacy Activity- Rhyming: Cut out the *Rhyming Game Cube* and assemble with tape or glue. Give child a *Rhyming Recording Sheet* and a crayon or marker. Have child roll the game cube, identify the picture, and then give a rhyming word. If they say a correct rhyming word they can mark the picture on their recording sheet or color the picture.

Math Activity- Patterns: Cut out *Pattern Pieces*. Give child an *AB Pattern Mat*. Put the *Patterning Pieces* on a plate. Have child identify the pictures and extend the patterns on their mat. A blank mat is included for children who are ready to create their own patterns.

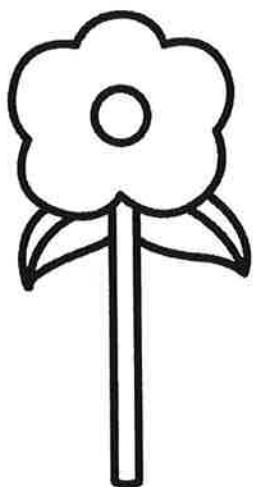
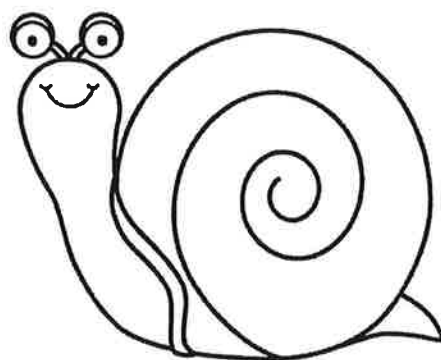
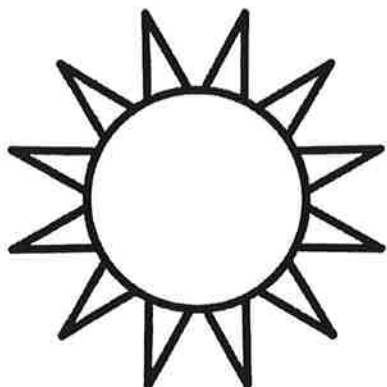
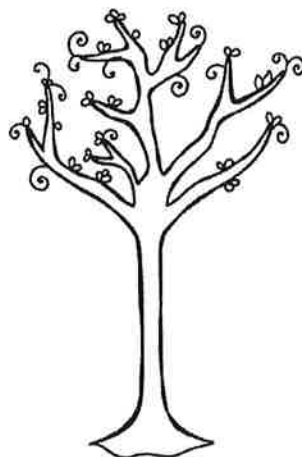
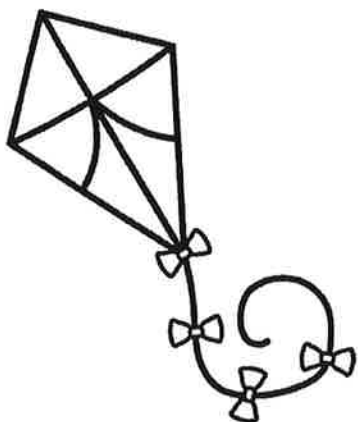
Social/Emotional Activity 4- Managing Anger

Gross Motor Activities- Choose 1-2

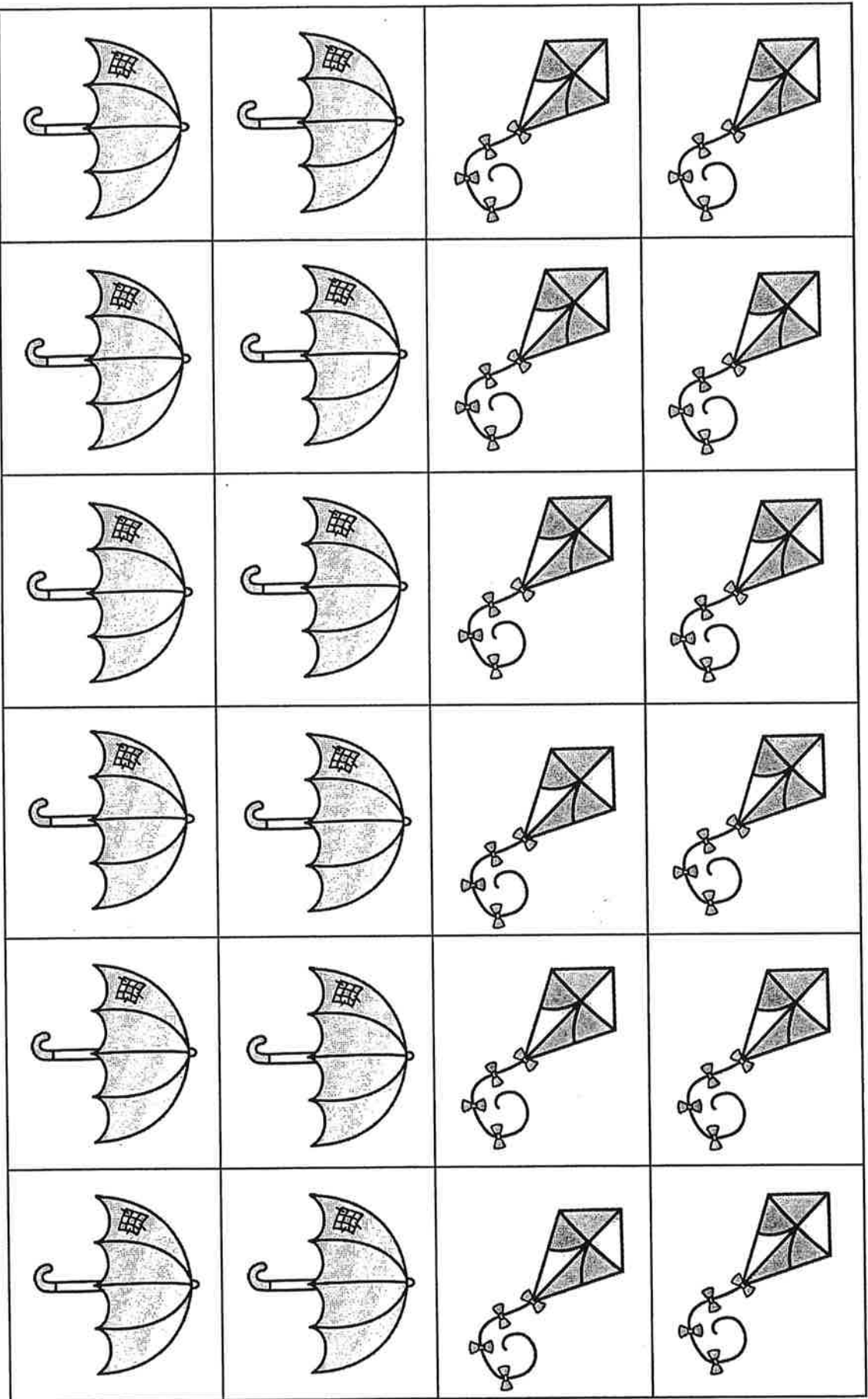
Printable Rhyming Game Cube



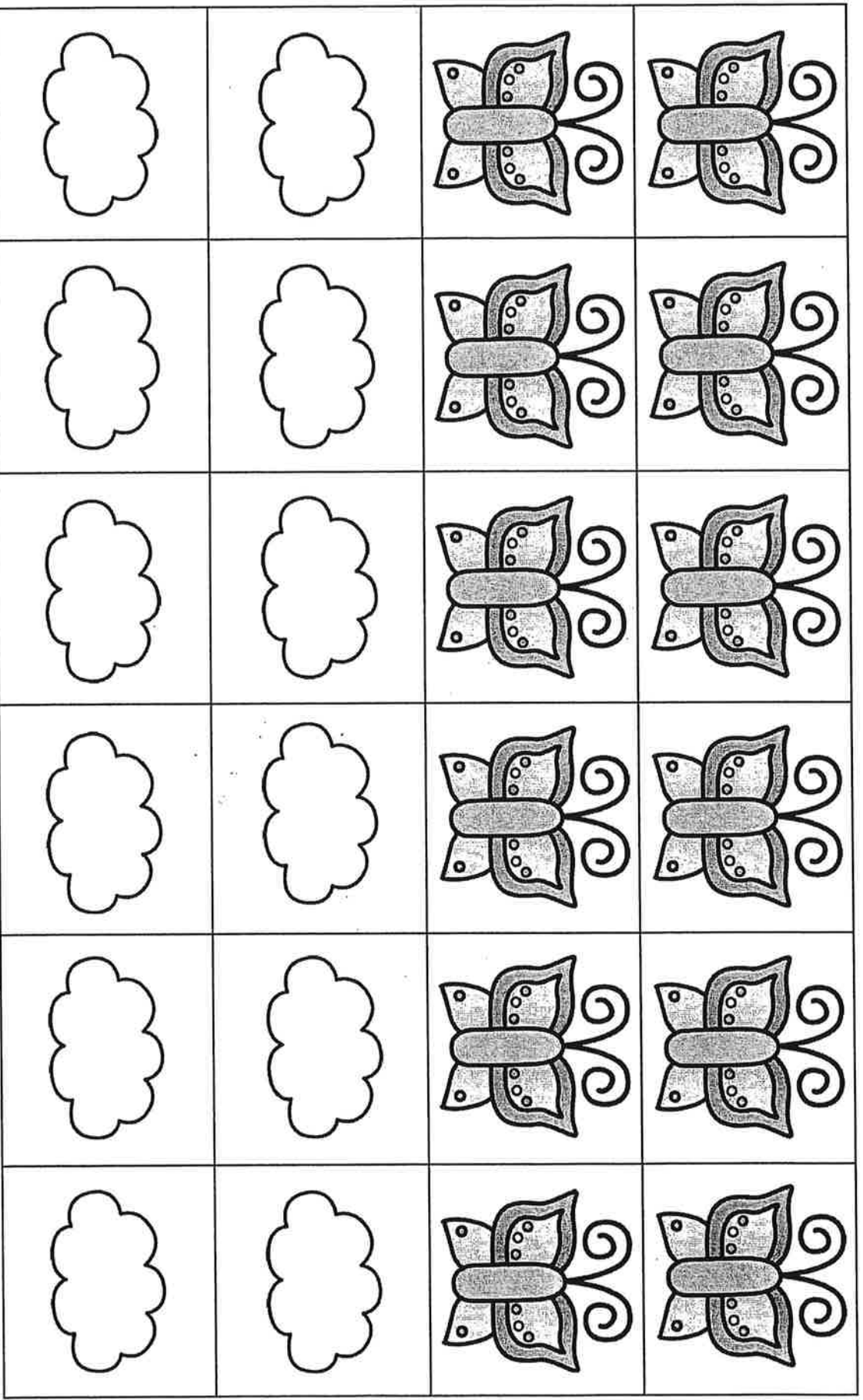
Rhyming Recording Sheet



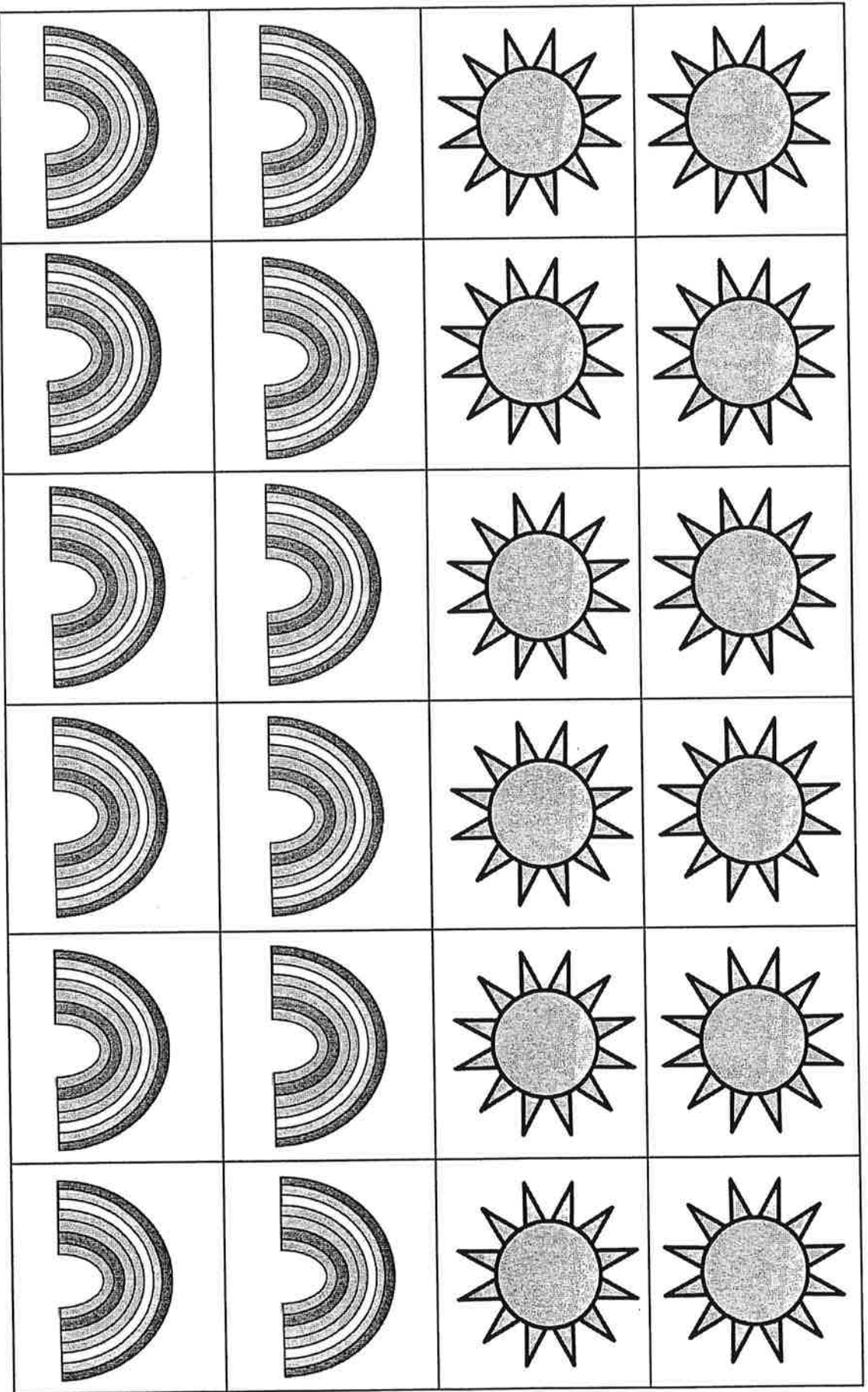
Pattern Pieces



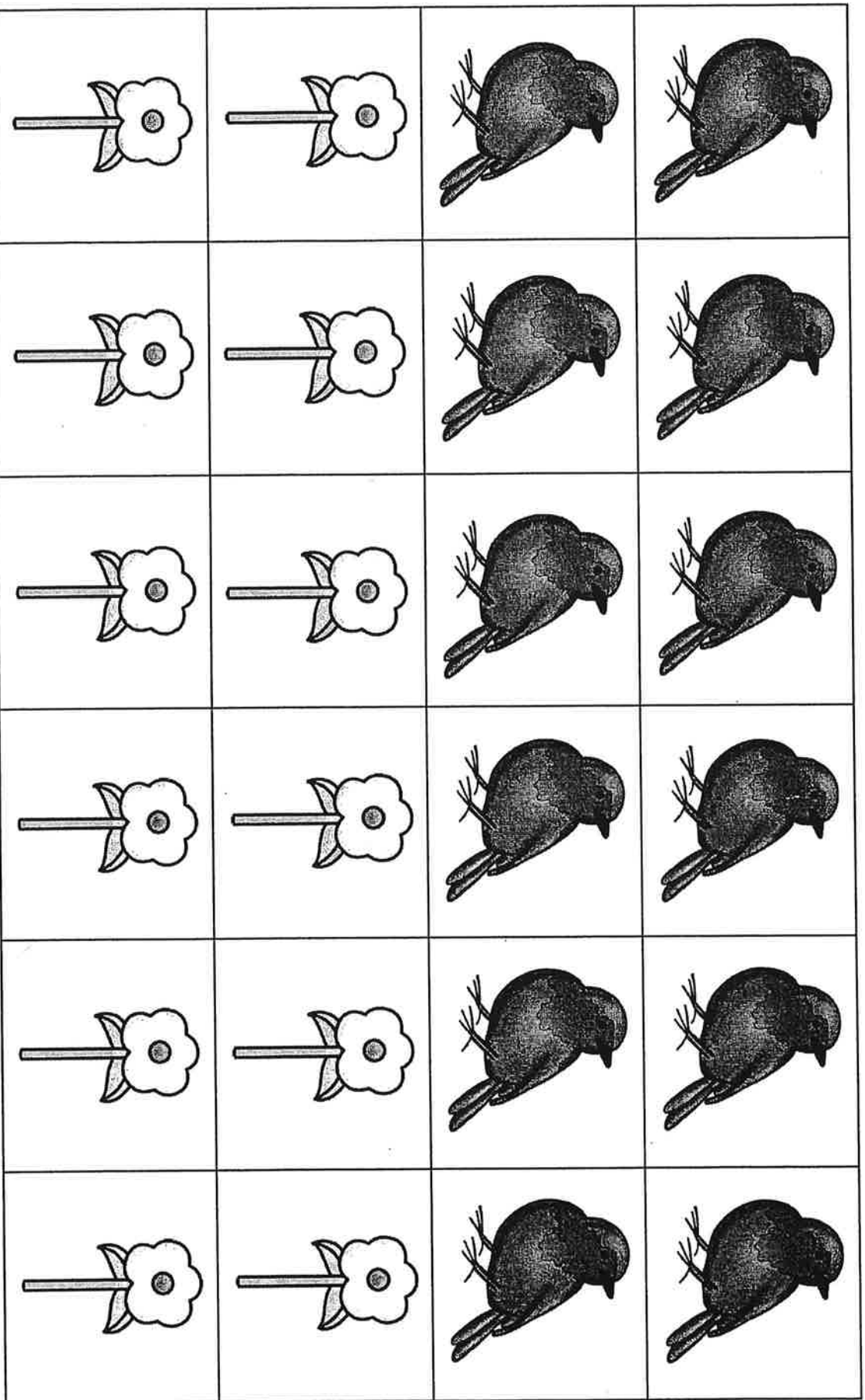
Pattern Pieces




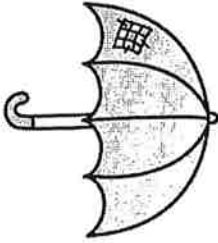
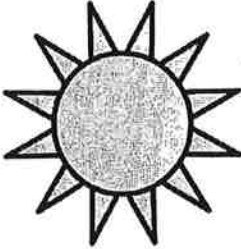
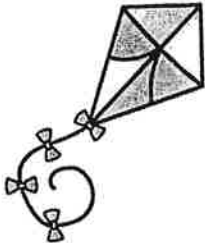
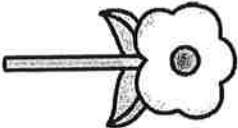

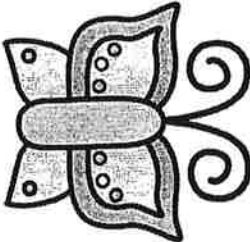
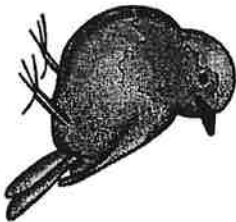

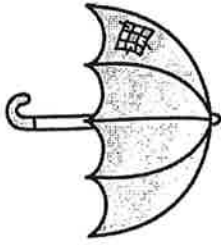
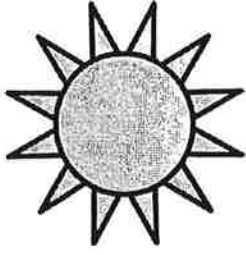
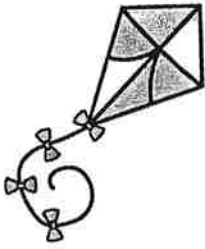
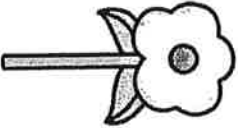

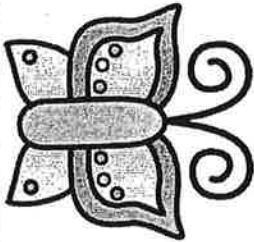
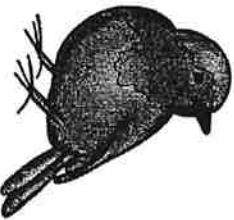
Pattern Pieces



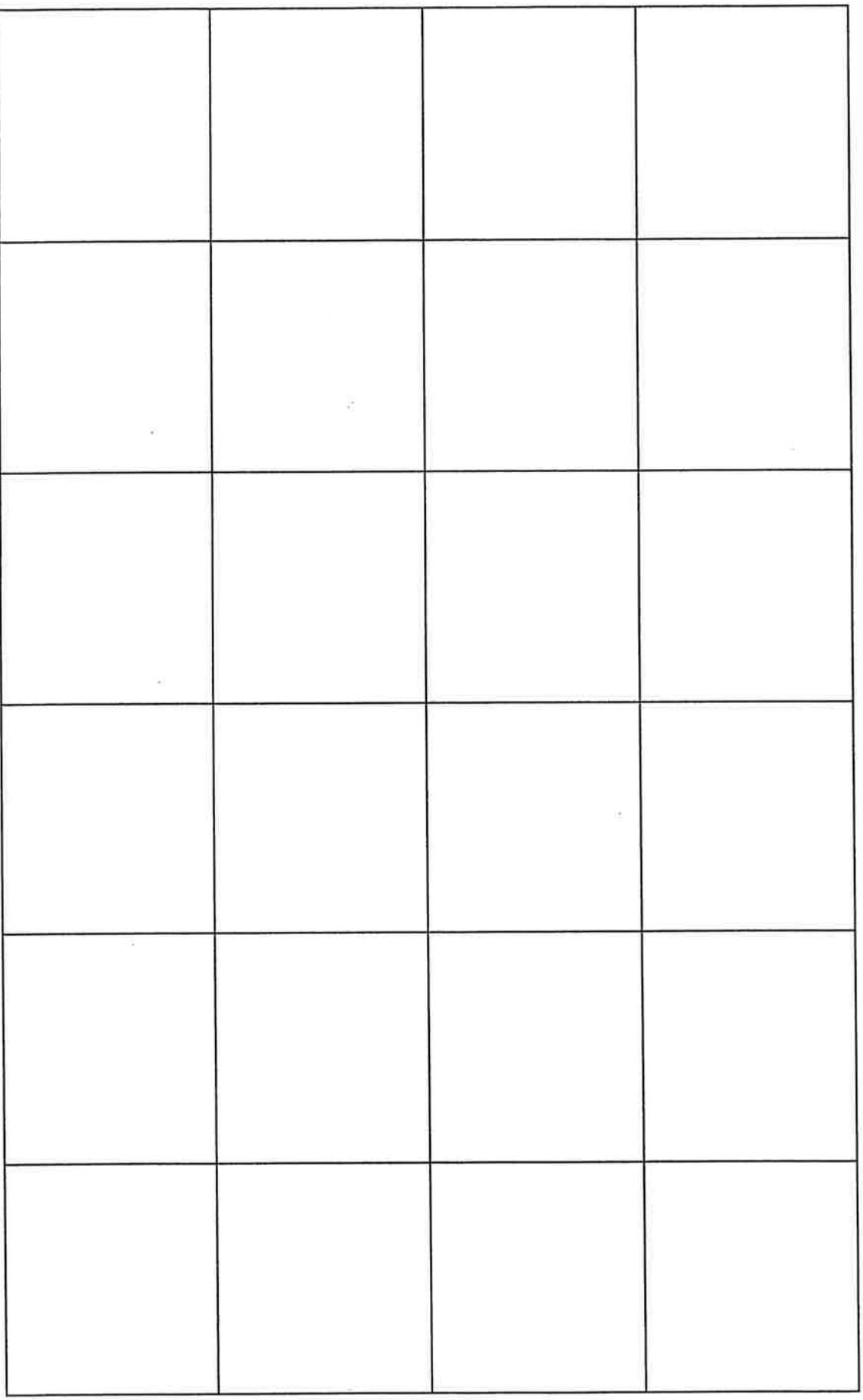
Pattern Pieces



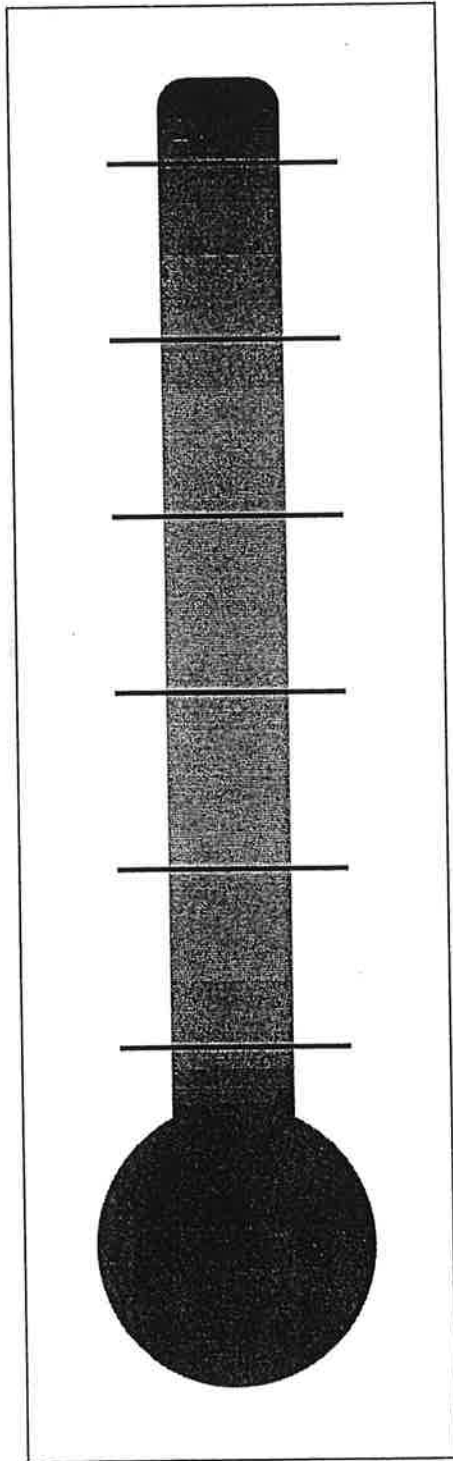
AB Pattern Mat

Blank Pattern Mat



Relaxation Thermometer



Mad

Take 3
deep breaths
1...2...3



Relaxed

Gross Motor Activities



Join in and have fun!

- **Move like an Animal:** Walk around the house like different animals.
 - Move like a bird (run with arms outstretched)
 - Move like a snake (wiggle on tummies on the floor)
 - Move like a bear (walk on all fours)
 - Move like a frog (get down on haunches and hop)
 - Move like a kangaroo (take big leaps with arms in front of chest)
 - Move like an elephant (with heavy stomping)
 - Move like a penguin (waddle with ankles close together and arms pinned to sides)
- **Obstacle Course:** Use furniture, pillows and blankets to create areas to crawl on, under and through.
- **Paper Plate Skating:** Put paper plates on the floor, step on them and skate around the house!
- **A Flash Light Scavenger Hunt:** Turn off the lights and hide some objects around the house for your child to go find with a flash light.
- **Hop Skip & Jump:** Set up paper plates around the house or outside and have child jump from one to the next.
- **Jumping Game:** See how far they can jump!
- **Newspaper Throwing:** Have a little indoor 'basketball' with newspapers, magazines, or scrap paper!
- **Indoor Dance Party:** Try using songs with lyrics that add movement, like "Head, Shoulders, Knees, and Toes" or "The Hokey Pokey."
- **Bubble Play:** Child can chase bubbles and try to pop as many as possible.
- **Balloon Play:** Child can throw and try to catch or kick balloons.
- **Visit a Playground or Park**

- **Play a Listening Game:** For example, "Duck, Duck, Goose," "Simon Says" or "Follow the Leader."
- **Copy me:** Do a series of exercises or silly actions, and have your child copy you.
 - Jump like a kangaroo
 - Scratch like a monkey
 - Run in a place
 - Touch your toes
 - Do arm circles
 - Hop on one foot
 - Jump forward
 - Take big steps
 - Take tiny steps
- **Shapes Yoga:** Child can make their bodies into different shapes.
- **Alphabet Magic:** Child can turn their body into the different letters of the alphabet.
- **Numbers Exercise:** Say a number and have your child perform an exercise. Example: If the date is the 15th you could have your child do 15 jumping jacks.
- **Balance Beam:** Tape lines on the floor or line-up books to act as a balance beam.
- **Frisbee Toss:** Use a frisbee or find some lids to act as frisbees. Tape a couple lines on the floor for targets and see if you can land them just right!
- **Bowling:** Line up plastic bottles to go bowling!
- **Streamer Play:** Run and spin with homemade streamers.
- **Play Ball:** Play catch with a ball and say the ABC's with each pass back and forth. Throw it, catch it, roll it, kick it!
- **Target Practice:** Stack plastic cups and child can throw a soft object to knock them over.
- **Ride a Tricycle or Scooter**