



May

Mon	Tue	Wed	Thu	Fri
<p>Start today with jumping jacks. Is your heart beating faster? Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Walk all around your house acting out different emotions- can you walk happy, sad, shy? Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Ask others in your family to pretend to be in a parade with you. Obj. 14 Sociodramatic play minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Play the "Mirror Game" Face your parent and copy what they do with their bodies as if you were looking into a mirror. Obj. obj. 36 Explores drama through actions and language minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Explore Speed- move fast, then really slow, and now in between. Obj. 24 Uses scientific inquiry skills minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>
<p>Take a nature walk around your house or neighborhood. Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again. Obj. 29. Demonstrates knowledge about self. minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish. Obj.14 Sociodramatic play minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? Obj. 14 Sociodramatic play minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Read a book with someone and act out the words. Obj. 18. Comprehends and responds to books. minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>
<p>Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Obj. 14 Sociodramatic play minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Ask someone to help you make paper airplanes and then work on your throwing skills. Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Make a circle on the floor with a string and practice moving into, out of, around, over, and beside. Obj. 21 Explores and describes spatial relationships and shapes minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Time for a winter rock party. Turn on the music and dance Until you feel your heart beating Obj. 34. Explores musical Concepts and expression minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Give away five hugs to make your heart happy and healthy today Obj. 20. Uses number concepts and operations minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>
<p>Be a clean machine! Dust- reach high, low, over and under as you work your muscles. Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways. Obj. 14 Sociodramatic play minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor. Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Visit every window in your home and when you get there try to jump as high as you can and reach and stretch. Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>	<p>Sweep the floor, working your reaching and pulling and pushing motions. Obj. 6 Gross Motor minutes spent on activity <input type="checkbox"/>15 <input type="checkbox"/>30 <input type="checkbox"/>45 <input type="checkbox"/>60</p>