



DECEMBER



Gross Motor Choice Board

Movement Songs:

-[Holiday Dance & Freeze](#)

-[Reindeer Pokey](#)

-[Snowman Freeze](#)

-[Holiday Baby Shark](#)

-[I'm a Snowman](#)

Let's dance!

Play your favorite holiday songs and have a dance party! Try getting your child to spin, jump, hop, etc.

Let's move our bodies!

Cut some stars or snowflakes out of paper. Have your child practice balancing, hopping, etc from one shape to another.

Go Noodle:

-[The Holiday Dance](#)

-[Winter Wonderland](#)

-[Melting](#)

-[Cookie Boogie](#)

-[Tap This Way](#)

Candy Cane Hunt!

Hide candy canes around your house. Have your child find them while you play some holiday music. Then your child can count how many candy canes they found.

Let's practice galloping!

Can you gallop like a horse or a reindeer? Practice galloping with your right foot forward and then switch to having your left foot forward.

Run, run as fast as you can

like the gingerbread man! Read the story the [Gingerbread Man](#) and then reenact the story using your body. Run, jump, swim, and more!

Yoga Time!

-[Holiday Special](#)

-[Winter Wonderland](#)

-[Holiday Adventure](#)