


# SEPTEMBER



## Gross Motor Choice Board

Jack Hartman Songs:

- Act out the Alphabet
- Move and Freeze
- If You're Happy and You Know It
- Move My Body

Sing "Head, Shoulders, Knees, and Toes" 5 times. Change your speed or voice each time.

Put 5 plastic cups space apart in a grassy area outside. Kick or throw a ball to knock the cups over.

Go Noodle:

- My Body Says What?
- Alpha Groove
- Purple Stew
- Forwards, Backwards, Armwards

Let's use our body to act out our emotions! How does your body move when you are sad, mad, happy, excited, scared, etc.

What are your favorite animals? Act like them! Hop like a bunny, run like a dog, crawl like a cat, stomp like an elephant, fly like a bird, etc.

What are your favorite songs? Have a dance party to your 5 favorite songs! Enjoy dancing with your family!

Yoga Time!  
- Staying Healthy  
- Refresh Your Senses