

_____ 's Movement Mat #1

Pretend you're driving a car. You can drive fast, slow and put on the breaks.	Color or shape tap. Have someone call out a color or shape. Walk around your house and find things that match.	Pick two songs from the list. Sing and dance along to them.
Grow! Grow like a flower. Start small then grow into a big flower.	Have fun and move around!	Let's jump! Jump high 10 times. Jump low 10 times. Now 10 jumping jacks.
Play kid friendly music and dance.	Count to 100! 10 reps of each exercise. Example: 10 Reach for the sky. (1, 2, 3, 4, 5, 6, 7, 8, 9 and 10)	Take a 5-10 minute walk outside and talk about what you see.

_____ 's Movement Mat #2

Pretend you're flying an airplane. You can fly high, low and fast and slow.	Color tap. Have someone call out a color or shape. Walk around your house and find things that match.	Take a brave breath. Breathe in and breathe out 3 times and listen to calm music.
Pretend to be your favorite animal. How do they move around? What sound do they make?	Have fun and move around!	Let's Reach! Reach high 10 times. Reach low 10 times. Reach to the right 10 times then to the left 10 times
Play kid friendly music and dance.	Count to 100! 10 reps of each exercise. Example: 10 Reach for the sky. (1, 2, 3, 4, 5, 6, 7, 8, 9 and 10)	Take a 5-10 minute walk outside and talk about what you see.

_____ 's Movement Mat #3

Pretend you're in a rocket ship. Blast off !!!!!!!!!!!	Letter tap. Have someone call out a letter. Walk around your house and find things that match.	Pick two songs from the list. Sing and dance along to them.
Pretend to be your favorite tv or movie character. What is their favorite thing to do?	Have fun and move around!	Let's jump! Jump high 10 times. Jump low 10 times. Now 10 jumping jacks.
Play kid friendly music and dance.	Count to 100! 10 reps of each exercise. Example: 10 Reach for the sky. (1, 2, 3, 4, 5, 6, 7, 8, 9 and 10)	Take a 5-10 minute walk outside and talk about what shapes you see.

_____ 's Movement Mat #4

Pretend you are playing an instrument. Drums, guitar or flute. Rock on!!!!!!	Number tap. Have someone call out a number. Walk around your house and find things that match.	Take a brave breath. Breathe in and breathe out 3 times and listen to calm music.
Pretend to be at your favorite place. Where are you? What do you see, hear and touch?	Have fun and move around!	Let's Reach! Reach high 10 times. Reach low 10 times. Reach to the right 10 times then to the left 10 times
Play kid friendly music and dance.	Count to 100! 10 reps of each exercise. Example: 10 Reach for the sky. (1, 2, 3, 4, 5, 6, 7, 8, 9 and 10)	Take a 5-10 minute walk outside and talk about what you see.