

## Move and Wiggle

### Information for students

- Get your wiggles out by choosing an activity and doing it according to the number of dots you count on the dice!
  - Pick an activity to do from the list (see the list below or choose a task card).
  - Roll the dice and count the number of dots to find out how many times to do that activity (how many jumping jacks to do, how many steps to take, etc.)

### Materials required

- Device with Internet access (optional)
- Six-sided dice
- Bean bag (make one by putting beans or rice inside a sock or strong plastic bag)
- Piece of tape or wood for a “balance beam”

### Information for parents

- Read the instructions to your child.
- Go to the following website to print out FREE movement task cards:  
<https://thisreadingmama.com/20-free-wiggle-brain-breaks/>
- Use the list of movement tasks below for ideas. Do the tasks indoors or outdoors!
- Afterward, ask your child what their favourite activity was. Which was their least favourite to do? How would they do the activities the next time? Do they have any ideas for new exercises to do, or new ways to do some of the suggested activities?

\*Don't have any dice? No problem! Just cut six pieces of paper or cardboard and draw dots on them, for the numbers 1-6. Your child can pick a number card from the “deck” of cards.

# ELEMENTARY – PRESCHOOL

Week of April 20, 2020

<b>Movement Tasks</b>	
Do jumping jacks.	Do a cartwheel.
Do forward rolls.	Skip with a rope
Hop on one leg.	Walk like a crab.
Jump off the “balance beam” and land on both feet at once.	Jump off the “balance beam,” make a star by stretching out your arms and legs, and land on both feet at once.
Walk on tiptoe.	Sit with your legs in front of you and touch your toes.
Throw a ball up in the air and catch it.	Put your hands on your waist. Take a giant step forward with your right leg and bend your leg (lunge). Bring your left leg to meet your right leg. Repeat by taking a giant step forward with your left leg.
Bounce a ball on the ground and catch it.	Walk lifting your knees way up high to your waist.
Stick your arms out to the side and make small circles. Make circles in both directions.	Jump up and land with your legs crossed. Jump backward with both feet together.
Spread your feet wide apart. Stretch your arms out to the sides. Bend forward at the waist and touch your left foot with your right hand. Straighten up. Now touch your right foot with your left hand.	Using a long board (or a piece of tape on the floor), walk along a “balance beam”. Try turning at the end without leaving the beam and walking back to your starting point.
Try to walk while balancing a bean bag on: <ul style="list-style-type: none"><li>○ your head</li><li>○ your shoulder</li><li>○ the back of your neck</li><li>○ the back side of your hand</li><li>○ your outstretched arm</li><li>○ your tummy, while walking like a crab</li><li>○ your back, while walking on all fours</li></ul>	

# Creature Creation

## Information for students

- Create your own creature by rolling the dice and adding body parts to your drawing!
  - Listen to or read the story *Hey That's My Monster* by Amanda Knoll. Look carefully at the creatures in the story.
  - Get a piece of paper and something to draw with.
  - Roll the dice and count the number of dots.
  - Draw that many heads for your creature.
  - Roll the dice again and count the dots.
  - Draw that many bodies for your creature.
  - Keep rolling the dice and counting the dots, adding body parts to your creature.
  - Don't forget to add noses, eyes, claws, teeth, polka dots, scales, antennae – anything you want!

## Materials required

- Device with Internet access (optional)
- Six-sided dice (or cards with dots)
- Paper, markers, crayons

## Information for parents

- Read the instructions to your child.
- Go to the following website to listen to the story *Hey That's My Monster*:  
<https://www.youtube.com/watch?v=Hh-ju18EoG0>
- Look for these other stories about monsters: *Monster Math*, *I Need My Monster*, *How I Met My Monster*, *Are You My Monster?*, *The Monster at the End of this Book*, *The Gruffalo*.
- \*Don't have any dice? No problem! Just cut six pieces of paper or cardboard and draw dots on them, for the numbers 1 to 6. Your child can pick a number card from the "deck" of cards.
- Ask your child to tell you about their drawing. Ask them to describe their creature using questions like: "What can you tell me about your creature?", "What are some of your favourite things about your creature?", and "Does your creature have a name?"