



JUNE ACTIVITIES

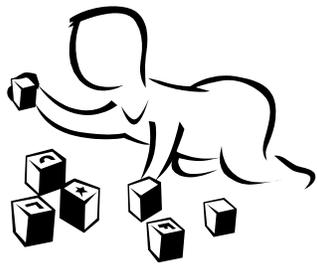


INFANTS – Physical activities for infants help them become more aware of their bodies and the world around them. Placing their favorite toys just out of their reach encourages them to learn to move themselves, in whatever way they can, in order to reach the toy. (from Dr. Craft’s Active Play!)

TODDLERS – (18 months and on) “Tunnel Time” – Create a tunnel using chairs and a sheet or blanket. Another option is to place several pool noodles across two rows of chairs facing each other. Encourage the children to crawl through the tunnel and run around it. Talk about what they are doing as they are doing it. “You’re creeping through the tunnel.” “You’re running around the tunnel”. This can be set up as part of an obstacle course or a separate activity. Make sure you have an entrance end and exit end in order to avoid collisions and traffic jams in the tunnel. (from www.headstartbodystart.org – Move Play & Learn)

PRESCHOOLERS – Work on kicking skills by playing “Clean Out The Backyard/Classroom” – Divide the play area in half with a rope and fabric barrier about 3 feet off the ground. Tell the children to kick any balls (use different sized soft rubber balls, at least 3 per child) (indoors you could use empty plastic bottles). Have an equal amount of children on each side with the same number of balls on each side. The goal is to get all the balls on the other side. Remind them the ball is to go along the ground and under the rope. You may need to hold the hands of younger children to help them balance while they learn to kick the ball. If you have a child that insists on kicking the ball hard enough that they might hurt someone, have that child go to another area and see just how far he can kick the ball across the playground. Do not allow any child to play in a way that might hurt another child. You can give cues to help in improving kicking skills. If they are just learning to kick, you can say “Stop and step next to the ball” “Look at the ball as you kick it”. If they are more experienced you might say “Bring your leg back and then kick”, “kick hard”. To make it harder for the skilled kicker you can get them to kick with the leg they don’t usually use. Tying a ribbon around the non - dominant leg can help them to remember. This game not only practices kicking skills, but can also help develop cardiovascular endurance. (from Dr. Craft’s Active Play!)

REMEMBER: HAVE PLENTY OF WATER AVAILABLE FOR CHILDREN TO DRINK. BY ENCOURAGING THEM TO DRINK BEFORE THEY FILL THIRSTY, YOU CAN HELP TO PREVENT DEHYDRATION.



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