

Dear Preschool Families,

I hope you are all staying safe and healthy at home. I sure do miss seeing the preschoolers' smiling faces. Hopefully, you all received your Muscle Room Fun Packs in your child's preschool supply bag. Please feel free to look through the bag, and pull out activities as you may need them. The bags should include the following:

**Movement Memory Game** (Color black and white cards. Cut out all cards and glue them to the construction paper rectangles. You should have 32 cards or 16 pairs of movements to play memory. When you get a match, act it out.)

**Animal Yoga** (Cut out bigger yoga pose cards. Draw a few poses to do each day or do them all.)

**Superhero Action Training**

**Dice Roll a Task: Movement Brain Break**

**Family Move and Groove Bingo Games** (2)

**Nature Walks** (2-Winter and Spring version)

**Simon Says Ideas** (3)

**If You're Happy and You Know It Ideas** (3)

**Add-er-up Workout**

**Movement Origami**

**Family Outdoor Scavenger Hunt**

**Movement Chutes and Ladders**

**Make Your Own Movement Cubes** (Roll to see how many times and what movements to perform.)

**Irish Dance coloring pages**

If it's helpful for you and your child to follow our regular weekly Muscle Room routine during your child's Muscle Room time, please do so. The children really enjoy each of these days and look forward to the routine and familiarity each week. **Monday is Ball Day.** We work on catching, throwing, dribbling, shooting baskets, and all things balls! **Tuesday is Block Day.** We build while working on planning and cooperating to complete **and clean up** our projects. Use blocks, legos, empty recycling boxes, pillows or blankets to create! **Wednesday is Game Day.** I will send a video with a new activity or game to try! Or have your child teach you about some of the games we have learned about in class such as Twister, bowling, floor hockey, ring toss, relay races, or parachute to name a few. Game Day is a great time to practice the skills of waiting your turn and winning and losing gracefully. **Thursday is Backwards Day.** We usually go backwards by going up the slide or going backwards on the monkey bars. Find fun mixed up or backwards things to do around your own house or yard. Have fun moving and grooving with your preschoolers!

I'd LOVE to see pictures or videos of the preschoolers having fun moving inside and out! Please feel free to email or text me pictures, videos, or any questions you have. I will be sure to email or text back a response to the preschoolers! I wish you all a happy and healthy spring and look forward to hearing about all the fun moving happening in your house!

Love, Mrs. Taylor

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