

Choose one motor activity and one song to sing or video to watch
Check it off when completed.

- Sing the "Wheels on the Bus"
- Sing the "Itsy Bitsy Spider"
- Sing "You are my Sunshine"
- Watch video
http://www.youtube.com/watch?v=-NLRQi48_kE
- Have a dance party
- Touch and sing the song: Head, shoulders, knees and toes
- March, run and walk in place
- Skip around the house
- Animal Movements
- Jumping Jacks
- Hopping in place