



























# Movement Mat: Pick a Challenge & Move

<p>Let's drive. Pretend you are driving. You can drive fast. You can drive slowly. You can take a sharp corner and put on the breaks.</p> 	<p>Let's leap! Can you leap on one foot? Let's try the other foot. Leap with both feet like a frog. Can you take little and big leaps like a rabbit?</p> 	<p>Let's go to the farm! Have an adult call out a farm animal. You will act out the animal. Don't forget to make the matching sound!</p> 	<p>Let's fly! Use a piece of paper to create a paper airplane. Throw the plane and chase after it each time to catch up to it.</p> 	<p>Let's grow! You will practice growing like a flower. Start small and then grow, grow, grow as you bloom into a big flower.</p> 	<p>Let's crawl. Using items in your house, make your own tunnel or cave. Take a stuffed animal through the tunnel or cave.</p> 	<p>Let's row! Put down a towel or blanket as your boat. Practice rowing long strides. You will row back and forth on both sides.</p> 	<p>Let's bounce! Can you bounce a ball high? Can you bounce it down low? Can you bounce the ball 3 times? Can you catch the ball?</p> 
<p>Let's imagine! Pretend you are a superhero. Act out your favorite superhero around the house.</p> 	<p>Let's color tap! Have an adult call out a color. You will run through the house and tap as many items as you can that are the color.</p> 	<p>Let's bowl. Set up plastic cups. Using a rubber ball, bowl to see how many cups you can knock down. Continue to set up the cups to bowl.</p> 	<p style="text-align: center; font-size: 2em;">Let's Move!</p> 		<p>Let's jump! Jump high 10 times. Jump low 10 times. Try 10 jumping jacks. Can you do it again?</p> 	<p>Let's clean up! Help pick up an area in your home as quickly as you can. If you go quick enough, then you get to do two or three rooms!</p> 	<p>Let's flutter! Pretend you are a butterfly. Fly and flutter around the house. Don't forget to stop for some nectar.</p> 
<p>Let's grab! Use a pair of kitchen tongs or your fingers. Try to grab little items like socks, crayons, or building blocks.</p> 	<p>Let's stomp! Pretend you are a dinosaur. Take big steps as you stomp around the house. Chomp, chomp, CHOMP!</p> 	<p>Let's use our toes! Place little items on the floor, like marbles, blocks, or crayons. Use your toes to pick up the items</p> 			<p>Let's hop! Pretend you are hopping over or maybe through mud puddles. Make sure you hit all the big and muddy puddles.</p> 	<p>Let's sweep! Practice the sweeping motion by helping sweep a room in your home. You can help sweep, sweep, sweep!</p> 	<p>Let's drum! Can you make a drum from items in your house? Let's keep beat on the drum. 1, 2, bang! 1, 2, bang!</p> 
<p>Let's jump! Place stuffed animals or other safe items on the floor. Practice jumping over each item.</p> 	<p>Let's mirror! Mirror dance with an adult. You will do a dance and then the adult will mirror you. Switch it up and mirror your adult.</p> 	<p>Let's skip! You can skip slowly like a turtle. You can skip quickly like a quick grasshopper.</p> 			<p>Let's go to the zoo! Have an adult call out a zoo animal. You will act out the animal. Don't forget to make the matching sound!</p> 	<p>Let's slither! Get down on the ground and slither around back and forth. You can slither slowly, or you can slither quickly.</p> 	<p>Let's zoom! Pretend you are a jet plane. Fly and zoom around the house. Don't forget to turn on your jet engines.</p> 