



Movement for Healthy Bodies

Physical skills and healthy bodies can be built through everyday activities and movement. As a caring grown-up in a child's life, you can facilitate movement and learning, and Sesame Street is here to help. In this webinar, we'll explore strategies to build body awareness and build movement skills big and small. **Remember, there's always an opportunity to move!**

Use the activities from today's webinar in your own work with kids.

Paint the Ceiling

What to do: Have kids pretend to dip their hands in a bucket of paint. Kids can then "paint" on the ceilings, walls, and floors. Encourage kids to paint different patterns, using a variety of movements to get their whole bodies engaged.

Skills Practiced:

- Whole-Body Engagement
- Imaginative Play
- Range of Motion

Celebrate Our Bodies

What to do: Pick a song or video that highlights naming body parts (i.e. "You've Got a Body" or "Head, Shoulders, Knees, and Toes"). Ask kids to listen closely to instructions. Celebrating what their bodies can do helps kids stay motivated to take good care of them.

Skills Practiced:

- Body Awareness
- Movement Skills
- Spatial Understanding

Animal Movements

What to do: Acting like animals is a great way to practice movement skills. Simply name an animal and move the way they move. You can add in the fun when you make it a song like Rebecca did. Sing, "Let's be animals, follow me. [Insert animal name i.e. Leaping Leopard] Ready? One, two, three!"

Skills Practiced:

- Balance
- Flexibility
- Locomotor Skills





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Finger Play

What to do: Use your fingers to “act” out a familiar story. Ask kids to watch closely and see if they can figure out what happened in the story. Kids can also use their fingers to tell a story. Try a familiar favorite like “The Itsy Bitsy Spider.”

Skills Practiced:

- Fine Motor Skills
- Focus & Memory
- Storytelling

Cardio Dance Party

What to do: Put on a favorite song and encourage kids to move, shake, and be silly the whole time. Kids need to get active for at least an hour a day, and this activity is a great way to add those minutes.

Skills Practiced:

- Heart-Healthy Habits
- Body Confidence
- Social Interaction

Cool Down Stretches

What to do: After being active, help kids cool down and be calm with some deep breathing and stretching. Choose a few poses and hold each for a few breaths. Top off your cool down session with a drink of water and a healthy snack.

Skills Practiced:

- Centering & Relaxation
- Coordination
- Self-Regulation

