



Movement for STEM

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 in Communities* is here to help. In this webinar, we'll explore strategies to learn about 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.

Sensory Warm Up

What to do: Have kids create "binoculars" with their hands and then look closely at a part of the room or a special object. Ask what kids observe with their eyes. Next, ask kids to be very quiet. When they hear a noise, jump! Finally, help kids warm up their fingers by asking them to find the softest (hardest, smoothest, coldest, etc.) object in the room. Remember to scaffold warm up activities with rich conversation to extend learning!

Skills Practiced:

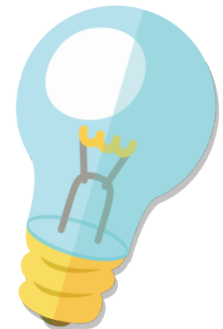
- Observation
- Listening
- Focus
- Vocabulary Building
- Comparison
- Asking Questions

Investigation Dance Party

What to do: Ask kids, "Which parts of our bodies do we use when we dance?" Then, play an upbeat dance song or video and dance it out! Prompt kids to use different parts of their bodies to explore new dance moves.

Skills Practiced:

- Curiosity
- Investigation
- Cardiovascular Strength
- Creativity





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Science Investigation: Wind Experiment

What to do: Try blowing air at different things. Investigate to find out what objects can move with just a little air, and which objects need more force.

Remember, science often begins with a question. Ask questions all day long, during even routine activities!

Technology Investigation: Find the Right Tool

What to do: Identify a problem to solve or task to complete, then ask kids to help you identify the right technology to get the job done.

Engineering Investigation: Twiddlebug Bridge

What to do: The Twiddlebugs need help crossing a puddle. Have kids build a Twiddlebug-sized bridge using found objects from around your home or program. If you can, ask kids to brainstorm, plan, and even sketch their bridge design before beginning.

Kids can help the Twiddlebugs with all kinds of projects. Have the Twiddlebugs “call” you for help during the day.

Math Investigation: Body Math

What to do: Use your bodies to explore all kinds of math concepts -- our bodies can help us count, create patterns, measure length, and have all kinds of math fun!

Concentration Cool Down

What to do: Have kids sit in a comfortable position, very quietly. As they sit, ask them to count all the sounds they hear. Focusing on small details or sounds helps kids feel centered and calm.
