



# HEALTHY HOMES

V1.3

## MOVE, PLAY AND LEARN AT HOME

### *Do Three with Me*

#### **GET READY:**

- Space: Indoor or Outdoor Space; Small or Big Space
- Stuff: Just your imagination!
- Time: While preparing a meal, while getting ready in the morning, transitioning to bed time, waiting for the bus... whenever you are waiting in line.

#### **GET SET:**

- Tell your child that you are going to say and do three movements/actions. Children will listen, remember, and repeat the same three actions.

#### **GO:**

- Start with the following three actions – *reach up high, stretch out far, touch the floor* – give all three directions, then repeat them with the actions, all as your child watches and listens carefully.
- Now it is your child's turn to do the actions. You can say them and even do them together if needed.
- Other three action ideas:
  - Run and touch something blue, jump high into the air, spin on your tummy
  - Hop 5 times on your right, hop 5 times on your left, be as still as you can be
  - Wiggle your knees, bend your elbows, shake your tummy
  - Walk backwards, touch something yellow, act like a monkey

#### **DID YOU KNOW?**

As your child does each movement encourage him/her to say the actions words out loud. This enhances language arts skills such as vocabulary and sequencing. Get your child involved. Ask him/her to add a movement.

