

Move it Extension Activities – November 2020

Parents, did you know that making crafts, cooking, and playing games with your kids helps them to develop many different skills that they need to be successful in school and beyond?

Build an obstacle course in your home or outside. Use cushions, rugs, furniture...to make a fun way to move. Help your child learn preposition words like “under, around, through, on top, beside”. Help them learn verb words like “run, jump, slither, roll”. Give simple instructions that they can follow like “crawl under the table”. You may have to break the instructions into small pieces. Try doing the course with your child. It will get both of you moving and it will be fun for both you and your child.

Build a bowling set. Use water bottles or other unbreakable items around home, such as plastic cups to set up a bowling alley. Set it up in a place that wild throws are not going to damage the surrounding items (or remove them for a time). Let your child practice throwing a ball to knock the unbreakable items over. Let them help set them upright again. **Did you know:** *Ball play helps your child develop all sorts of wonderful skills like eye/hand coordination, finger grasp, tracking... All these skills are needed in school! What a fun way to learn great things!!*



Have a fun meal experience Can you and you child cook up a fun meal, or meals, that will get your mouth moving??? Add things to the menu that will make your teeth crunch (ie. carrots...), your tongue lick, (ie ice cream), your tongue click (i.e. Peanut butter), slurp (soups). What other foods can you think of that will make your mouth work and move in different ways??? Talk about what your mouth is doing with your child.



Turn on some tunes: Get your whole family moving and have a dance party! Let each member choose a song to dance to. Is the song fast, slow, crazy? What body parts do you need to move? Do you waltz? Do you shuffle? Use words to describe movement, body parts, location words like in front, behind... Most of all, move, laugh and have fun together!!!

Pick up this month’s PLA preschool fun calendar from the library circulation desk. It will give ideas for things to do everyday! It’s free too!

Send your pictures, ideas or comments, to Lac La Biche County Libraries at www.llbcl.ca! We would love to hear from you!!! Copyright © Lac La Biche County Libraries