Hello, families!

We’re exploring all of the ways that moving is fun and healthy, and we found out that it makes us happy, too.

You can help at home!

Try these creative activities to liven up your time at home.

- Sesame Super Stretch
- Activity Chart
- Move to Me Maze
Sesame Super Stretch

Stretching keeps us flexible, which means we’re able to move and bend our bodies easily – without tightness or pain. Most kids are pretty flexible, but they still can enjoy the best part of stretching: It feels great!

* Try This!
After sitting still in circle time, this is a great way to get children up and moving.

Children will:
- Stretch their bodies in a variety of ways
- Learn that stretching helps “wake their bodies up”
- Mirror movements they see in pictures

Materials:
- Sesame Super Stretch Chart (print page 3)
- Small block

Ask children:
Can you pretend you are waking up in the morning? How does your body feel? Now pretend you are sitting in the car for a long time. How do you feel? How does your body feel right now?

Activity:
1. Do some warm-up exercises (run or jump in place).
2. Introduce different stretching moves:
   - Stretch UP! (reach up to the ceiling)
   - Stretch DOWN! (reach down to your toes)
   - Stretch all AROUND! (hold your arms out to the sides and move them around slowly in BIG circles)
3. Have children take turns tossing the block onto the Stretch Chart to see which stretch it lands on.
   All children then stretch the way their Sesame Street friend is stretching on the chart.
4. Ask, “What does it feel like after you stretch your muscles? Check your body – are there any spots you want to stretch more so you can move more easily?”
Sesame Super Stretch Chart (see page 2)

Bend!

Wiggle!

Reach!

Touch your toes!
Activity Chart

Cut out the Activity Chart below and put it on your refrigerator at a level your child can reach.

At different points each day when you and your child need to move, you can play “Magnet Mystery Move!” together. Take turns closing your eyes and placing a magnet on the chart. (If you don’t have a magnet, just use your finger.) Which section did you choose? Pick a movement activity from this list and move together. Now close your eyes and choose again.

Stomp!
Jump!
Run!
Hop!

Cycle your legs!
Dance! Swim!
March!

Wiggle!
Walk! Zoom!
Twist!

Do jumping jacks!
Hula! Skate!
Stretch!
Move to Me Maze

You and your child can help Big Bird get to his friend Snuffy.

Have your child follow the path with his finger. Each time he comes to Big Bird, you can both do the move that Big Bird is doing. Then keep on going. (You can also use a game marker, such as a piece of paper or a small block, so children don’t lose their places.) Once you get to Snuffy, it’s time to celebrate! Use the moves in any order to make up your own Funny Family Dance.