From Head to Toe

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Practices: identifying animals, copying movements, identifying body parts.

Movement Ideas to try at home:

Simon Says – Have your child practice their listening & movement skills. You can tell them “Simon says, stomp like an elephant,” “Simon says, jump like a kangaroo” etc. When you leave out “Simon says” they are not supposed to do the action. When this happens, have them sit down for a count of 5 then start again.

Gallop like a horse – Have your child stand with one foot forward and one foot back (like taking one big step forward and freezing). Their front foot should take a big step and the back foot follows with a small step (without touching or crossing each other).

See link below for example:
https://www.youtube.com/watch?v=5GmQ868ArAw

Jump like a Frog (frog jump) – Have your child squat, knees apart, hands flat on the floor between their knees. Then they hop (using feet & hands to push off the floor) forward and land back in the squat position.

Craft Activities

Cotton Ball Penguin Craft:
Supplies needed: cotton balls, 1 sheet of white, black, and orange paper (or use all white and color them in), glue, scissors, buttons (optional).

Cut the penguin body shape out of white paper. Cut one small half circle out of the black paper for the head and two larger half circles for the wings. Cut the beak and legs out of orange paper.

Use glue so stick the cotton balls onto the white penguin shape. Cover the white shape completely. Add the head, wings, beak and feet. You can use buttons for the eyes or two small circles cut out of black paper.

Some fun links:

https://www.youtube.com/watch?v=tVlbmbAoqGM
From Head to Toe video
https://resources.specialolympics.org/YAFamilies
Young Athletes at Home Resources

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