We’re Going on a Bear Hunt
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Practices: “over” and “under”

Movement Ideas to try at home:
Practice the movements first, then make an obstacle course in your living room to go over things (ex. Taped line, pillow) and under things (ex. Parents arms like an arch, hold a pool noodle for them to crawl under).

**Creeping or a traditional “crawl”** – have your child position themselves on their hands and knees. Make sure their back is flat. Have them use their hands and legs (in opposition) to move themselves forward.

**Bear Crawl** – have your child get on all fours (hands & feet on the ground). Right hand and right foot move forward at the same time; then left hand and left foot move forward at the same time.

**Bear Throw** – Using teddy bears or stuffed animals. Have your child practice tossing (underhand) or throwing (overhand) the bears into a basket (ex. Laundry basket).

Craft Activities

**Make binoculars:**
Supplies needed: glue or tape, 3 toilet paper roles
Optional: stickers, crayons.
Use two empty toilet paper rolls. Have your child decorate them with stickers/crayons.
To create a space between the tubes, cut a small piece from the third roll. Fold the sides down and use it to glue or tape each folded side to the cardboard tubes to form the binoculars.

https://buggyandbuddy.com/going-bear-hunt-map-activity/

**Bear Headband:**
Supplies needed: glue or tape, construction paper or paper bag, crayons or markers.
Cut out one large circle (for the face) and two smaller circles (for ears). Have your child glue the ears on and draw the bear’s face. Cut out a strip (for the headband) and tape the bear’s face to the band.

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Consider using the props and going on a “bear hunt” (short walk around your neighborhood while practicing safe social distancing). On the walk you can have your child practice different locomotor moves (ex. Jumping, galloping, skipping).

http://prekandksharing.blogspot.com/2014/09/we-re-going-on-bear-hunt.html

Some fun links:

https://www.youtube.com/watch?v=5_ShP3fiEhU
We’re going on a bear hunt video/song.
https://resources.specialolympics.org/YAFamilies
Young Athletes at Home Resources

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