



Hello Friends!

A Scooters Newsletter

Move
Your
Body!

PLAY WITH US!

Silly Moves

You'll need to: 3 six-sided dice, space to move around

Use your dice to help you move your body in silly ways! Roll each of the three dice, and then follow the instructions for each number you roll:

Dice #1: Move your 1) head, 2) arms, 3) bum, 4) legs, 5) stomach, 6) whole body

Dice #2: Do your movement 1) Up high, 2) Down low, 3) In the air, 4) On the ground, 5) To the side, 6) All over

Dice #3: Your movement should be 1) Fast, 2) Slow, 3) Big, 4) Small, 5) In a circle, 6) Silly!

Animal Moves

You'll need to: Space to move around!

Call out these animal movements, and move around your space just like these animals. Can you think of any other animals you can move like?

Gallop like a horse, fly like a bird, wag your tail like a dog, peck like a chicken, swing on vines like a monkey, jump like a kangaroo, slither like a snake.

SCOOTERS SINGS!

Head & Shoulders

Head & shoulders, knees & toes

Knees & toes, knees & toes

Head & shoulders, knees & toes

Eyes, ears, mouth & nose

Start slowly, and then sing it again faster
and faster. How fast can you go?

Why did the kid dance on top of
the jam jar?
Because it said "Twist to open"!

CRAFT TIME!

Hands & Feet Monsters

You'll need: Paper, pencil, crayons or markers

Trace your hands and feet onto a piece of paper. Use your crayons or markers to turn them into silly monsters! How many eyes will your monster have? What colour will it be? Will it have stripes, fur, or polka dots? Send us a photo of your finished monster!



Hello Friends!

Happy New Year! As winter continues, do your kiddos have as much energy to burn as mine do? We hope that our "Move Your Body" edition of our Scooters newsletter will give you a few ideas for ways to move and groove in your house this month. As always, we'd love to hear from you and your family—reach out and let us know how your winter break went, how your children have grown and changed, or ask about support services. We love staying in touch while we can't be together in the same room.

Sending you all lots of love,

Elya (with Beverly & Kari)

Contact us at 306-477-1234 or scooters@ebap.ca



MOVE

EVERY

DAY!