Physical Education
Lifetime Wellness

Animal Action BINGO

- Play with 2 or more people
- First player chooses an animal on their card, and all players do the activity in that animal’s box
- Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase by 5
- Once you have completed an animal’s activity, cover the box with a marker (coin or button)
- Next player chooses a new animal activity on their card
- The first player to get 4 in a row, column or diagonal scores BINGO!
Have your child cut out the below mini book and read it together
Help your child to circle all of the letter C they can find
Ask your child to point to a sentence and a period in the book
What can you do?

I can brush my teeth.

I can write my name.

I can tie my shoes.

I can help my brother.
Iggy Iguana
(tune: “Yankee Doodle“)

Iggy likes to play inside. Iggy likes
to paint, too.
Iggy paints the letter \textbf{I}. His \textbf{I} will
impress you!
Iggy paints the Inchworms, too.
They try not to wiggle.
Iggy tries to make them laugh.
They have fun and giggle!

Iggy Iguana is the alphafriend for the letter I

- Help your child sing the Iggy Iguana song (above) we sing
  at school.
- Help your child can color or decorate the letters.
- Look for the letter I around the house together—on cereal
  boxes, or magazines.
- Help your child make an I shape with their body. (Stand
  up straight, with your arms at your sides)
Movement & Counting

Use cards or dice to determine how many times to do an exercise.

Bend to one side!
Bend to the other side!

Sit Ups!
bent knees, hands by ears, elbows move close to knees

JUMP!
ON a line or back and forth OVER a line

Arms UP!
Leg Lift UP!
do with each leg

Lunge!
from one side to the other side

Walk the line!
walk baby steps, backwards steps, tiptoe steps, one-foot hopping

Windmill Toe Touches!
bend, swing, touch toes on both feet

Sitting Toe Touch!
reach for your toes, can you touch your knees with your nose?
More fun with Math and Movement!

This game can be played with one child or a with a group. Ask your child to answer the following questions or complete the tasks. This is a fun way to pass the time while waiting!

These are just ideas—come up with your own and you can make it easier or harder depending on your child’s age.

1. Blink your eyes 3 times.
2. Pat your head 5 times.
3. Clap your hands 1 time then jump 2 times.
4. How many hands are in the room?
5. Turn around 2 times.
6. Open and shut your mouth 4 times.
7. Stand on one foot for 6 seconds.
8. How many fingers are in the room?
9. Tug your left ear 8 times, then tug your right ear 2 times.
10. Touch each finger to your thumbs and count the touches.
11. Shrug your shoulders 9 times.
12. March in place 14 times.
13. Click your tongue 5 times.
14. How many knees and feet are in the room?
15. Hiss like a snake for 10 seconds.
16. Shake another’s player hand 6 times.
17. Take 5 steps and do jazz hands at the same time.
18. Tap your shoulders 4 times then touch your toes 8 times.
19. Touch your elbow to your knee, alternating, 4 times.
20. How many belly buttons are in the room?
21. Hop on one foot 7 times.
22. Blow 5 kisses.
23. How many thumbs and ears are in the room.
24. Twirl like a ballerina 3 times.

Más diversión con Matemáticas y Movimiento!

Este juego se puede jugar con un niño o con un grupo de niños. Pídale a su hijo que responda las siguientes preguntas o complete las tareas. Esta es una manera divertida de pasar el tiempo mientras espera! Estas son solo ideas: pueden ser sus ideas y puede hacerlo más fácil o más difícil dependiendo de la edad de su hijo.
Use the below lines for your child to practice writing their name. Children are at varying levels with writing and that is perfectly okay. To help your child be successful you may help by having your child trace their name that you have written, copy their name from a sample, hold their hand as they write and help form letters, or your child may be able to write it independently.
Help your child learn ways to calm down using controlled breathing.

Teach your child these ideas when you are both calm. Then you can remind them to use them when they need help to calm down.

*Smell the Flower, Blow on the Pinwheel*

**Take a Deep Breath**  
**Respira Profundamente**

- Smell the flower  
- Blow the pinwheel  
- Huele la flor  
- Sopla el molinillo

Using the picture:

- Have your child pretend to smell a flower (to breathe in through their nose)
- Then pretend to blow on a pinwheel (to breathe out through their mouth).
- Repeat several times.

*Belly Breathing*

To help your child learn how to take deep, calming belly breaths:

- Have your child lie on their back on the floor
- Place a small stuffed animal on their stomach.
- Have your child breathe in and out quickly to see what happens to the stuffed animal.
- Have your child slow their breath to see what happens to the stuffed animal.
- Practice slow, deep breaths that make the animal go up and down slowly without falling off.
- Include belly breathing as a regular part of your child’s routine, such as bedtime. With practice, it can become a familiar strategy that your child can use to help them calm down or relax.
Color and Match Beginning Sounds

Color the pictures with the same beginning sound in each row.
Use the following sheets for your child to practice writing a play plan. Encourage your child to write about something they will do during the day. Your child may draw lines as place holders for words.

See the below example-