

## Get Moving

### Opening

- Hello Friends (to Good Night Ladies); It's Time to Say Hello – with sign language
- It's Our Time to Sing with Friends (add Dance, Play) – with sign language

### Gross Motor

- Walking Walking, Hop Hop Hop, etc.
- Red Light Green Light
- Put tape on floor in zig zag – walk on tape (need masking or painter's tape)
- Put tape on floor in straight line – walk on tape with napkin on head (need masking or painter's tape and a paper or cloth napkin)

### Music and Movement

- Head and Shoulders
- 5 Little Monkeys Jumping on the Bed (with felt board)
- If You're Happy and You Know It (add turn around, stand on 1 foot, jump in place, etc.)
- Shake Your Sillies Out
- We Are the Dinosaurs

### Fine Motor/Sensory

- Leaf rubbings (need a few leaves, a crayon, printer paper or notebook paper)
- Shaving cream – draw circles, straight lines, smiley face, letters (need shaving cream and cookie sheet or other surface for shaving cream)

### Story Time

- Sing "It is Time to Read a Book with my Friends" – with sign language
- Read "Baby Bird"

### Closing

- The More We Get Together - with sign language
- Goodbye Friends song

### Parent Share

- Ask parents to share any fun activities at home or outside that have worked well while school is out!