



# Stay Active!



Week of April 14th

## Monday

Enjoy your  
last day  
of break!

## Tuesday

Practice different Bean Bag activities. Here are some options:

- **Bean bag toss(or any soft object):** Tape colored construction paper to the floor as well as challenge lines where the child is to stand and have them toss the bean bags onto the corresponding colors.



- **Tic Tac Toe.** Using chalk or tape, create a large tic tac toe field on the ground. Take turns with two different colored bean bags (you will need five of each). Place them into each square, trying to get three in a row. For an added challenge, create a tossing line a few steps back from the tic tac toe field and require players to toss their bean bags in each square.



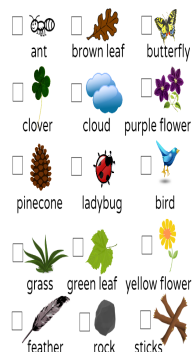
## Wednesday

We are going on a Scavenger Hunt!

See the next page to find out what you're looking for!



### Back Yard SCAVENGER HUNT



### Scavenger Hunt



## Thursday

Paper Plate Ring Toss:

Make your rings brightly colored, add a few of your own designs, decorate them with stickers, stamps, whatever you want! Customizing them is super simple and half the fun



<https://www.kiwico.com/diy/Arts-and-Crafts-Ideas/1/project/Paper-Plate-Ring-Toss/2572>

Paper Plate Skating

Grab two paper plate and throw them on the floor. Put your feet on each plate, I mean, Skate!

Get ready to go!

It's easier to remove your socks so your feet 'naturally' stick to the plates



## Friday

Today, you get to do some heath and fitness activities:

Exercise, Rhyme and Freeze

<https://www.youtube.com/watch?v=cSPmGPIyYkU>

Good Foods | Healthy Foods  
Song for Kids

<https://www.youtube.com/watch?v=5dR22hbln6w>

Shake Your Sillies Out

[https://www.youtube.com/watch?v=NwT5oX\\_mqSO](https://www.youtube.com/watch?v=NwT5oX_mqSO)

Jump, Run and Shout!


<https://www.youtube.com/watch?v=hft6uJQIF4g>

If You're Happy and You  
Know It!

<https://www.youtube.com/watch?v=71hQRTQUOWg>
















## My House Scavenger Hunt



- |  |  |
|--|--|
| <input type="radio"/> TEDDY BEAR  | <input type="radio"/> TOY CAR   |
| <input type="radio"/> CHAIR       | <input type="radio"/> BED       |
| <input type="radio"/> DOLL        | <input type="radio"/> BATHROOM  |
| <input type="radio"/> COUCH       | <input type="radio"/> DOOR      |
| <input type="radio"/> KEYS        | <input type="radio"/> KITCHEN   |
| <input type="radio"/> MIRROR     | <input type="radio"/> TV       |
| <input type="radio"/> WINDOW    | <input type="radio"/> PENCIL  |

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## BACK YARD SCAVENGER HUNT

- |   |  |   |
|---|--|---|
| <input type="checkbox"/>  ant      | <input type="checkbox"/>  brown leaf  | <input type="checkbox"/>  butterfly      |
| <input type="checkbox"/>  clover   | <input type="checkbox"/>  cloud       | <input type="checkbox"/>  purple flower  |
| <input type="checkbox"/>  pinecone | <input type="checkbox"/>  ladybug     | <input type="checkbox"/>  bird           |
| <input type="checkbox"/>  grass    | <input type="checkbox"/>  green leaf | <input type="checkbox"/>  yellow flower |
| <input type="checkbox"/>  feather | <input type="checkbox"/>  rock      | <input type="checkbox"/>  sticks       |

## Scavenger Hunt



Find something...

- ☐ Red
- ☐ Soft
- ☐ Bumpy
- ☐ Sticky
- ☐ Smelly
- ☐ Green
- ☐ Noisy
- ☐ Cold
- ☐ Blue
- ☐ Hard
- ☐ Crunchy
- ☐ Yellow

[www.molosspeechblog.blogspot.com](http://www.molosspeechblog.blogspot.com)