

Lesson Extensions!

We Love the Company

- Play song #1 “We Love the Company” from the Happy and Healthy CD. Listen to the song, act out the manners, and then discuss the manners mentioned in the lyrics.
- TSGOLD: 2c, 7a, 8b, 11e, 14b, 37

Coffee Filter Art

- Fill one spray bottle with water.
 - Hang one large coffee filter on an easel.
 - Children take turns sharing the markers and coloring the coffee filter, making sure to say “Please” and “Thank You”.
 - Children take turns spraying the coffee filter with water. Allow to dry and share their creation.
- TSGOLD: 2c, 7a, 7b, 8b, 11a, 37, 38

Physical Activity

Music and Movement!

- Play song #16 “Make A Letter” on the Happy and Healthy CD.
 - Spread children out around the room or outdoor space.
 - Explain to children that we are going to listen to the music and make different letters using our bodies.
 - Start the music and join the children by modeling the different letters and how they are made.
 - Have children move through each letter slowly and in control to practice good balance while changing positions.
- TSGOLD: 2c, 5, 8b, 11a, 11b, 11e, 35, 37

Beanbag Balancing

- Materials: 1 bean bag per child
- Children take turns calling out body parts. Everyone attempts to balance their bean bag on the identified body part.
 - Add some music and movement to the activity by playing “Bean Bag Rock” which can be found on iTunes or Youtube. This song incorporates beans bags, identifying body parts, and following directions.
- <https://www.youtube.com/watch?v=Ish2YYg7onE>
- TSGOLD: 2c, 7a, 8a, 8b, 11a, 11d, 12a, 12b, 35, 37

Physical Education: Balance

- Children should be able to sustain balance during simple movement experiences.
 - Balance is a required part of all other skills; it is not only a physical skill but also important for safety.
 - Here are some ways to develop balance: heel to toe walking (balance beam, painter’s tape, chalk line), jumping and landing on two feet, hopping on one foot, tricycle riding, and yoga poses.
 - **Yoga Pretzel cards:** tree pose, airplane, and boat.
 - See pages 98-116 in Encouraging Physical Activity in Preschoolers by Steve W. Sanders for more information and activities on balancing.
- TS GOLD Objective 5: Demonstrates balancing skills

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