



Movement for Healthy Bodies

Physical skills and healthy bodies can be built through everyday activities and movement. As a caring grown-up in a child's life, you can facilitate movement and learning, and Sesame Street is here to help. In this webinar, we'll explore strategies to learn about body awareness and build movement skills big and small. **Remember, there's always an opportunity to move!**

Use the activities from today's webinar in your own work with kids.

Paint the Ceiling

What to do: Have kids pretend to dip their hands in a bucket of paint. Kids can then "paint" on the ceilings, walls, and floors. Encourage kids to paint different patterns, using a variety of movements to get their whole body engaged.

Skills Practiced:

- Whole-Body Engagement
- Imaginative Play
- Range of Motion

Celebrate Our Bodies

What to do: Pick a song or video that highlights naming body parts. Ask kids to listen closely to instructions. Celebrating what their bodies can do helps kids stay motivated to take good care of them.

Skills Practiced:

- Body Awareness
- Movement Skills
- Spatial Understanding

Animal Movements

What to do: Play or mimic the sound of an animal. Ask kids to move like that animal. You could also describe what an animal looks or acts like and have kids guess the animal before acting it out.

Skills Practiced:

- Balance
- Flexibility
- Locomotor Skills





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Finger Play

What to do: Use your fingers to “act” out a familiar story. Ask kids to watch closely and see if they can figure out what happened in the story. Kids can also use their fingers to play along.

Skills Practiced:

- Fine Motor Skills
- Focus & Memory
- Storytelling

Cardio Dance Party

What to do: Put on a favorite song and encourage kids to move, shake, and be silly the whole time. Remember, kids need to get active for at least 60 minutes a day, and this activity is a great way to add active minutes.

Skills Practiced:

- Heart-Healthy Habits
- Body Confidence
- Social Interaction

Cool Down Stretches

What to do: After being active, help kids cool down and be calm with some deep breathing and stretching. Choose a few poses and hold each for a few breaths. Top off your cool down session with a drink of water and a healthy snack.

Skills Practiced:

- Centering
- Coordination
- Relaxation

