

Move & Groove May:

1. Crab Walking along an ocean pier (balance beam).
2. Tip Toe thru the sand (sand paper taped to floor).
3. Build a sandbox castle, then knock it down with ball.
4. Swim moves across the towels then dry off.
5. Yoga Pose: Sun Salute
6. Bat the pelican's flying fish.
7. Donkey Kicks on turtle shells.
8. May Pole Hoola.
9. Find the differences work sheet.
10. Float on your back in a ball pit ocean and do scissor kicks with your feet up in the air.
11. Blow bubbles like a fish.

Stations notes:

1. Place balance beam parallel with another line and have child walk along with hands on the low beam and feet on the line.
2. Place sand paper sheets on floor and have child step on them.
3. Take empty small boxes that can be stacked up in a tower formation. Then child can build it up, stand 10+ feet away and throw a ball to knock them down.
4. Have child combat crawl across the towels laid on the floor. When they get to the end, they can pick up the towel (or handkerchief, sponge, etc.) and pretend to dry off. (Make sure they get their neck, hands, feet, arms, and legs).
5. Yoga Pose. Sun Pose or any other yoga pose can be used.
6. Hang fish pictures from the ceiling and have child use a towel roll or bat to move them. You can also take pieces of pool noodles and use a hand fan to create movement.
7. Place hoola hoops on the floor and child places hands inside the hoop while trying to jump their feet up in the air and land again on their feet.
8. Basic Hoola Hoops, but you may tie some short ribbons on the toe hoop.
9. Use worksheets from BrilliantTherapy.com (Find the Differences)
10. Child pretends to float on their back (can be in a ball pit or on a pile of towels, yoga mat, or just the floor) and lifts legs upward and bring feet apart and together.