



# WELCOME TO KINDERGARTEN



## Physical Literacy

### TALK

Healthy active living is as easy as **5-2-1-0**

Parents you are the role models of your children. Healthy lifestyle habits start with you!

**5** - Eat **five** servings of fruits and vegetables a day.

**2** - Limit screen time (television, computer, video games) to less than **two** hours per day.

**1** - Aim for at least **one** hour of moderate to vigorous physical activity daily.

**0** - **Limit or avoid** sugar-sweetened drinks, e.g. soft drinks, sport drinks and sugar-sweetened juices.

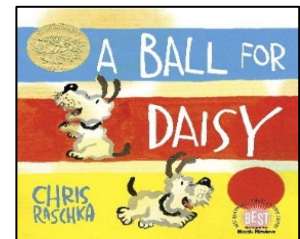
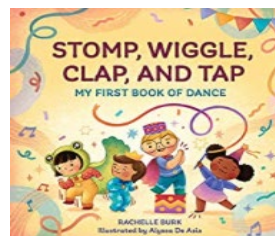
Sing together:

- **Bouncing a Ball** – <https://youtu.be/HXdikNY2u3c>  
One, two, three, ball bouncing. Four, five, six, still bouncing.  
Seven, eight, nine, keep going. Get to ten, begin again.
- **Shake Your Sillies Out** - <https://youtu.be/lbsNRF1IAz0>  
I've gotta shake, shake, shake my sillies out. Shake, shake, shake my sillies out.  
Shake, shake, shake mysillies out, and wiggle my waggles away  
\*Repeat with jump my jiggles, clap my crazies, hop my sillies, yawn my sleepies out

### READ

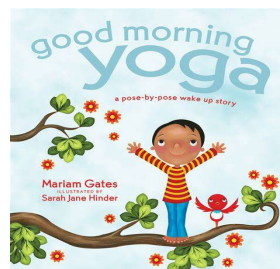
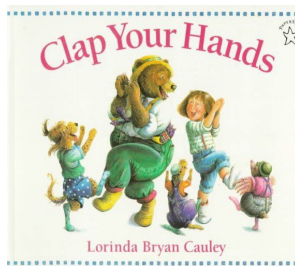
**Stomp, Wiggle, Clap, and Tap:**

<https://www.youtube.com/watch?v=ax-5jrPxcYw>



**A Ball for Daisy** by Chris Raschka:

[https://youtu.be/uGXoSK7W\\_Rc](https://youtu.be/uGXoSK7W_Rc)



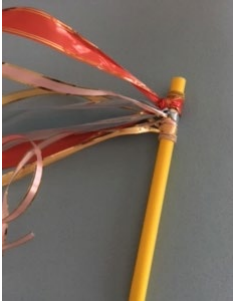
**Clap Your Hands** by Lorinda Bryan Cauley:

<https://www.youtube.com/watch?v=8M4N2TAAfL0>

**Good Morning Yoga** by Mariam Gates:

<https://www.youtube.com/watch?v=u-a4iOERMrs>

## CREATE



### **Ribbon Stick:**

Material: ribbons, straws, two rubber bands

Instruction: Cut the ribbons into desire length and tie to the top of the straw.

Tie the rubber bands on top and below the ribbons to secure the ribbons.

Dance with the music!

## PLAY

**Hot Potato** - [https://www.decoda.ca/wp-content/uploads/HOP\\_Hot\\_potato.pdf](https://www.decoda.ca/wp-content/uploads/HOP_Hot_potato.pdf)

Material: balloons.

Instruction: try to keep the balloons in the air with your hands!



**Knock Down!** - [https://www.decoda.ca/wp-content/uploads/HOP\\_Knock\\_down.pdf](https://www.decoda.ca/wp-content/uploads/HOP_Knock_down.pdf)



Materials: a ball and some targets (e.g., milk cartons, plastic pop bottles).

Instruction: try to knock down all the targets with your ball!

**Sing, Dance & Move** with WELCOME TO KINDERGARTEN's fun & interactive songs:

<https://welcome-to-kindergarten.ca/ten-fun-interactive-songs/>

- Lyrics to WTK songs: <https://welcome-to-kindergarten.ca/wp-content/uploads/2022/10/CEW-WTK-Music-Lyrics.pdf>
- Fun activities: <https://welcome-to-kindergarten.ca/wp-content/uploads/2022/10/CEW-WTK-Music-Activities.pdf>