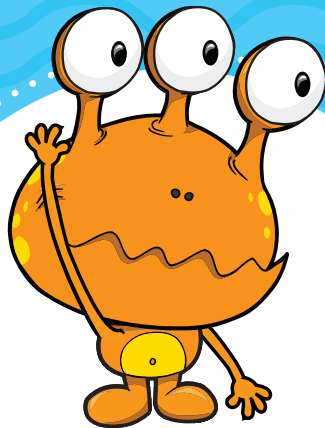


Cool-Down



These activities help children relax their muscles and cool-down after participating in the **MINI MOVES** activities.



Gentle BREEZE

The wind blows, the wind stops, move slowly in the wind's breeze.

Step 1

Ask children to walk around slowly, pretending they're trees and their arms are the tree's branches gently blowing in the wind.

Step 3

Continue until you tell the children that the wind has stopped and instruct them to sit still on the spot and close their eyes.

Step 2

After two minutes, tell children that the wind is becoming calmer and to move even slower to your commands.

Step 4

Ask children to relax and take ten deep breaths.



Equipment: Not required.



The YOGA Bend



The yoga bend, stretch and twist.

Step 1

Ask each child to find a space and sit facing the Educator to begin the Yoga Bend.

Step 2

Demonstrate yoga exercises and ask the children to copy.

Step 3

Continue until children have cooled-down. Have children finish in a sitting position, breathing slowly in and out.

Sample Yoga Exercises:

- Bend down to touch toes.
- Stretch hands up to the sky.
- Sit with legs spread out in front and lean over to each side.
- Shake legs and arms.
- Roll shoulders.
- Slowly twist body.
- Breathe in and breath out.

Equipment: Not required.





SALUTE the Lieutenant

Salute your Lieutenant and listen for your commands.

Step 1

Ask children to find a space and lie down on the ground.

Step 2

Tell children that they're soldiers asleep who must wake to their Lieutenant's (Educator) commands.

Step 3

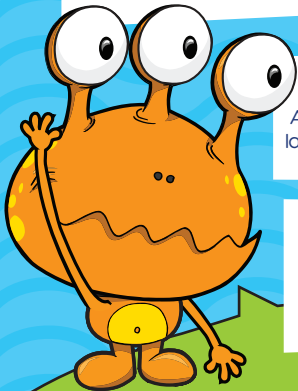
All commands are to be completed laying down. Call out the commands while demonstrating.

Step 4

Continue activity until the final Lieutenant's command is for the soldiers to go back to sleep. Children lie still for one minute.

Sample Commands:

- Lift right leg up and wiggle toes.
- Deep breath in and clench fists in the air.
- Left arm up and wiggle fingers.
- Turn head to the right.
- Sit up and try to touch forehead to knees.
- Put hands on your head and take a deep breath in.
- Breathe in and hum while you breathe out.
- Salute.
- Sway arms in the air, front to back, left to right.



Equipment: Not required.



MEATBALL, Meatball

Follow the commands as the meatball rolls and rolls.

Step 1

Form children in a circle, sitting on the floor.

Step 2

Tell the class that you're going to sing the meatball song and they have to copy the actions you perform.

Meatball Song:

On top of spaghetti,
All covered with cheese,
I lost my poor meatball,
When somebody sneezed.
(Command: Shocked face)

It rolled off the table,
(Command: Roll arms to the left)
And on to the floor,
And then my poor meatball,
Rolled out of the door.
(Command: Roll arms to the right)

It rolled in the garden,
(Command: Roll arms in the air)
And under a bush,
(Command: Roll arms down low)
And then my poor meatball,
Was nothing but mush.
(Command: Rub hands together)

The mush was as tasty
(Command: Children pretend to eat)
As tasty could be,
And then the next summer,
It grew into a tree.

(Command: Children sway arms in the air)
The tree was all covered,
All covered with moss,
And on it grew meatballs,
(Command: Children form a circle with hands)
And tomato sauce.
(Command: Children shake hands)

So if you eat spaghetti,
(Command: Children rub their stomach)
All covered with cheese,
Hold on to your meatball,
Whenever you sneeze.
AH CHOOOOOO!
(Command: Children pretend to sneeze and fall asleep)

Equipment:
Not required.





OVER the Mountain

Climb the mountain, what will you find?

Step 1

Instruct children to find a space in the classroom.

Step 2

Tell children that they are going on an adventure over the mountain and call out the actions below while demonstrating.

Equipment:

Not required.

Sample Actions:

- **Climb the mountain** - High knees, hands grabbing air above head.
- **Hide under the rock** - Crouch down in a ball.
- **Through the mountain** - On all fours, crawling.
- **Balance across the bridge** - Walking toe to heel with arms out for balance.
- **Swat the flies** - Move arms in front of face and around the body.
- **Rolling logs** - Lay down with legs straight and arms straight above head, roll body along the ground.
- **Monkey madness** - Jump around like a monkey.
- **At the mountain top** - Stretch to the sky and then lay down (in your tent) and say goodnight.

