Let’s be Active
Hay que ser activos

Yoga moves your body in a relaxing way. Yoga mueve tu cuerpo en una forma relajante.

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child’s Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler’s Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

Sports
Deportes

You can use any type of ball to engage in sports. You can use a ball to kick, throw, catch and bounce.

Puede usar cualquier tipo de pelota para jugar deportes. Puede patear, aventar, atrapar, o botar una pelota.

Obstacle Course: you can create obstacle courses indoors or outdoors. Here are some materials you can use:
- boxes
- chairs
- blankets or sheets
- pillows
- paper

Pista de obstaculos - puede crear una pista de obstaculos adentro o afuera. Algunos materials que puede usar:
- cajas
- sillas
- cobijas
- almohadas
- papel

I am Moving I am Learning
Me Estoy Moviendo Estoy Aprendiendo

Get moving with Choosy. I am moving I am learning has a variety of songs on YouTube that you can dance and move to: https://www.youtube.com/user/C hoosyKids

Pongase a bailar con Choosy. Me Estoy Moviendo Estoy Aprendiendo tiene variedad de canciones para bailar: https://www.youtube.com/user/C hoosyKids

Source: World Economic Forum