

LET'S BE ACTIVE

HAY QUE SER ACTIVOS



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



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.

When indoors, you can roll a ball back in forth with your child.

Puede jugar con pelotas adentro de la casa. puede rodar la pelota en el piso o en una superficie plana.

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.



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 materiales 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/ChoosyKids>

Pongase a bailar con Choosy, MeEstoy Moviendo Estoy Aprendiendo tiene variedad de canciones para bailar: <https://www.youtube.com/user/ChoosyKids>

