

Theme: Literacy and Movement

Date: January 21, 2021

Hello StrongStart friends,

Today's content is put together by Teacher April (from Mackenzie).



Next week is Family Literacy Week! During this week, we celebrate literacy around the world. Today, we will focus on **movement**. Most people think that literacy only happens when we are reading books to our children. However, there are many ways to include literacy in your child's life. For example, talking, singing, making art and playing games are just a few ways to promote literacy at home. Today, we will focus on some movement games for babies and toddlers. Through these games, we introduce new vocabulary to your child! In addition, these games promote imaginative play, physical development, counting and rhyming.

1,2,3 Jump! (Source: https://www.decodaca.com/wp-content/uploads/MOVE_Family_Resource.pdf, p. 74).

Instructions:

1. Put a mat or something non-slip to represent a puddle. You can also opt for a real puddle outside 😊
2. Position your child in front of the puddle.
3. Sing this rhyme: *Jumping, jumping, 1-2-3* (show fingers to count). *Don't forget to bend your knees. Jumping, jumping, 1-2-3. You can do it, now let's see!*
4. Remember that your child's knees should start bending and land bending.
5. For more challenge, jump off a low stool or the last step on the staircase. You can also try jumping while holding onto one hand or no hands at all.



Simon Says (Source: <https://www.decoda.ca/wp-content/uploads/HOP-Family-Resource-lowres.pdf>, p. 68).

Instructions:

1. This game starts with "Simon Says" followed by an action. However, if your child is concerned about who this Simon fella is, you can always change it to "Mommy says" or "Daddy says". This will help them differentiate the people in their household.
2. The child only does the action if it's follows "Simon Says". This may be tricky for younger children so don't worry too much if they're doing every action.
3. Here are some actions to try: jumping, standing on one foot, hopping on one foot, touching the floor, reaching up high, leaping forward, shaking your body, touching your elbows (or other parts of the body), dancing, etc.
4. Extensions: Use a prop like a ball or a bean bag. You can even connect actions to animals (e.g., snap like crocodile, crawl like a bear).

CAN YOU

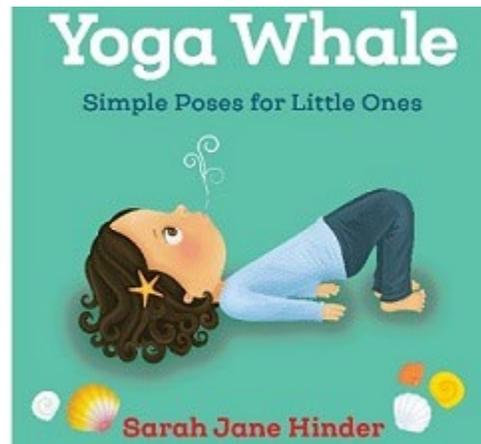
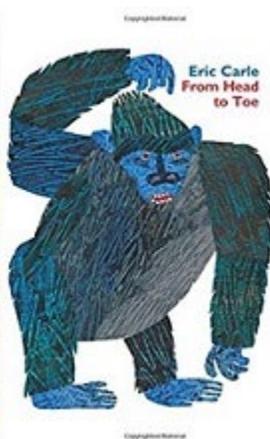
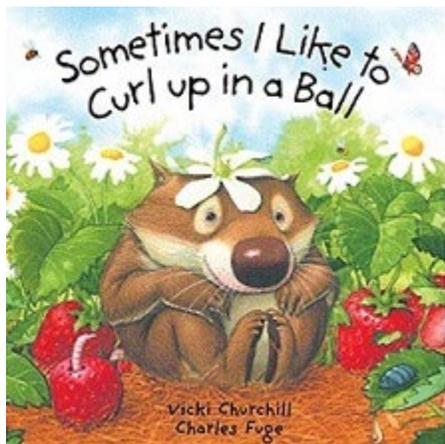
*Can you...
Snap like a crocodile
Curl up like a snail
Stretch out like a starfish
To the tips of your nails?*

- Margaret Mayo



Now, let's join Teacher April and Ms. Linda (from Grenfell) for some yoga
- <https://youtu.be/wj752YQDGIQ>

Here are some great movement books to read at home:



- **Sometimes I Like to Curl up in a Ball** by Vicki Churchill and Charles Fuge
- <https://youtu.be/vj5pGV3IqWY>
- **From Head to Toe** by Eric Carle - <https://youtu.be/Vjum-5bNmz0>
- **Yoga Whale - Simple Poses for Little Ones** by Sarah Jane Hinder
- <https://youtu.be/FKpjbjj0gl4>

Vancouver Public Library has Facebook Live Storytimes, Babytime and Toddlertime on Zoom and Virtual Storytime on YouTube.

- *** NEW *Toddlertime on Zoom:** <https://vpl.bibliocommons.com/events/search/q=Toddler%20Storytime%20on%20Zoom>
- Facebook: <https://www.facebook.com/groups/VPLKidsGroup/permalink/305851480553261/>
- YouTube: www.youtube.com/user/vancouverlibrary

