



# 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.

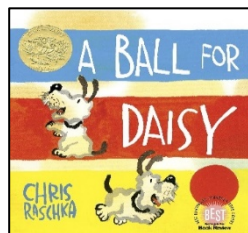
**1** - Aim for at least **one** hour of moderate to vigorous physical activity daily.

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

#### Sing together:

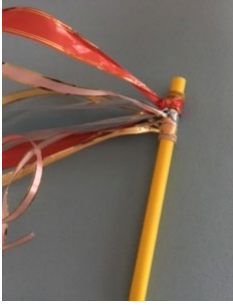
- **Bouncing a Ball** – <https://youtu.be/HXdikNY2u3c>  
*One, two, three, ball bouncing. Four, five, six, still bouncing.  
Seven, eight, nine, keep going. Get to ten, begin again.*
- **Shake Your Sillies Out** - <https://youtu.be/lbsNRF1IAz0>  
*We're going to shake, shake, shake your sillies out.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

### READ



- **A Ball for Daisy**, a wordless picture book by Chris Raschka: [https://youtu.be/uGXoSK7W\\_Rc](https://youtu.be/uGXoSK7W_Rc)
  - Look through the book with your child and create your own story.
- **Stomp, wiggle, clap and tap**: <https://www.youtube.com/watch?v=x8EXtDBuP4g>

## 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

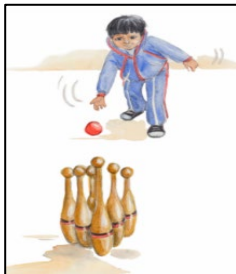
**Hot Potato** - [https://www.decoda.ca/wp-content/uploads/HOP\\_Hot\\_potato.pdf](https://www.decoda.ca/wp-content/uploads/HOP_Hot_potato.pdf)

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!