

Lesson #2 – Move My Body

**WHAT CAN YOU
BECOME?**

Video

Watch: [What Can You Become - Movers](#)



Caregiver Tips

- Let your child open and rip up junk mail.
- Have your child fasten buttons, snaps, zippers, and practice lacing shoes.
- Provide tongs and large spoons for serving dinner.
- Involve your child in tasks like pushing carts, carrying bags, and folding laundry.
- Supervise your child while cutting with scissors.
- Your child can cut magazine pictures or shapes for a matching game.

Activity

Act Like an Animal

Materials:

- [Act Like an Animal Activity Sheet](#)
- Scissors
- Crayons or Markers
- Glue

Directions:

- Color the animals and then cut along the dashed lines.
- Flip all of the cards face down on a flat surface.
- One at a time, choose a card and show your creativity as you act like the animal.

Book

Read: *Dancing Feet* **Author:** Lindsey Craig



Play:



Game

*Download the **PBS KIDS Games App** to play offline.

Extended Activities

- [Get Moving Bingo Activity Sheet](#)
- Set up water bottles as bowling pins and let your child "bowl" with a softball.
- Have your child toss rolled-up socks into a basket or masking tape circle.
- Give your child multi-step directions outdoors, like running around the tree, hopping to the flowers, and zigzagging around the grass.