

MOVEMENT & MOTION

GO! & Grammar Cards

Vocabulary - Discuss possible new words from images on the GO! cards, including activities and items pictured.

Matching - Sort grammar cards by shape/color, then match them to the printable companion sheet. Then, match grammar card shape to word on the back.

Explain Grammar Cards - Included in instruction videos.

Use 3 Period Lesson - Included in instruction videos.

Noun Hunt - Create a list of nouns (person, place, or thing) found on the GO! card images, and your child can find them.

Reading Sentences - Help your child read sentences on the GO! cards, then help them identify the parts of speech using the grammar cards.

Write Sentences - Write sentences or have your child write their own, then use grammar cards to identify the different parts of speech.

Movement and Motion Activity Book Includes

Walking The Line - Traditional Montessori activity

More Walking The Line - Variations and extensions

Prepositions - Traditional Montessori activity

The Silence Game - Traditional Montessori activity

Stretches - Preparing for physical activity

Jump The River - Building gross motor skills

Races - Teaching self-motivation

More Than Simon Says - Developing executive function

Make Your Own Kite

Explain, Design, Make & Fly - Included in instruction videos.

Mostly Indoor Activities

Bean Bag Toss - Use the cones as targets. Start close and take a step back each time you hit one of them. End your turn when you miss. See who can go the farthest.

Scarf Dancing - Play different types of music and let your child dance with a scarf in each hand.

Hot Potato - Children toss a hot potato (scarf or bean bag) back and forth while some music plays or a timer is started. The goal is to not have the potato when the parent/teacher randomly stops the music or the timer goes off.

Scarf Toss & Juggling - Toss a scarf or bean bag up and down or with another person. Detailed explanation in our instruction videos.

Limbo - Use rope or jump rope to play limbo. Children walk under the rope and then jump over when it gets too low.

Helicopter - The adult slowly swings the jump rope on the ground in a circle around them, and the children jump when it comes close to them.

Skipping Rope - Even younger kids can begin to learn the basics of skipping rope. Start with swinging the rope over their head, then add jumping.

Pass The Bell - Have children get in a circle and pass the bell around, trying to keep it from ringing.

Knot Tying - Cut some smaller pieces of rope and allow the child to explore knot tying without any set goal. Then help them to learn basic knots.

Mostly Outdoor Activities

Hop Scotch - Use the chalk to play this classic game. If you don't know how it works, see instructions on the resources page for this Toolbox..

Rock Memory - Color the bottom of rocks with different colors of chalk and use them to play "memory," matching colors in pairs.

Hopping Stones - Draw circles on the ground with numbers. Then jump in sequence, number to number. Also try jumping to just odd or even numbers.

Tracing Shapes - Cut out cardboard or anything else, and use the chalk to trace them on the ground.

Shadow Tracing - Use chalk to trace the shadow of objects or people. Have your child try to trace their own shadow. This is challenging because it moves as they draw.

Giant Tic-Tac-Toe - Play this classic game with chalk.

Bean Bag Toss - Use the chalk to draw a bullseye on the ground. Then take turns throwing bean bags, trying to get close to the center circle.

Tug Of War - Mark a middle distance between two children or groups of children. Also mark a middle of the rope. The first side to pull the middle a set distance wins.

Obstacle Course - Tie rope between trees, use objects to represent an action (spinning, jumping, etc.)

Warning: Parents and teachers should set rules for safe play. Not all activities are suited for every age or developmental stage.