

Theme: Get Moving!

The Learning Triangle is TV that teaches + storybooks + activities—all related to one idea or skill. Parents and educators use the Learning Triangle to help children learn by encouraging them to interact with people and objects around them. Use the information below to create a Learning Triangle about movement and exercise.

TV that teaches

Barney & Friends: #911—Coming on Strong (exercise and healthy habits)

Boohbah: #146—Bat and Ball

Barney & Friends: #708—Play for Exercise

Sesame Street: #4092—Big Bird, Snuffy, and Friends Hike

Mister Rogers' Neighborhood: #1603—Fun and Games

Storybooks

From Head to Toe by Eric Carle

Dinosaurumpus by Tony Mitton

Bearobics by Vic Parker

Clap Your Hands by Lorinda Bryan Cauley

Dunk Skunk by Michael Rex



Activities

1. **Tag, You're It!:** Exercise does not have to be a formal routine. Children can develop their muscles and coordination by running and playing. Play tag with your child in an open area like a park or playground.
2. **Dance Like A...:** Imitate movements you see in the world around you. Spread your arms and tilt back and forth to dance like a seesaw. Bounce up and down to dance like a jack-in-the-box. Try imitating other things. What would juice going through a straw look like? Or popcorn popping in the microwave? Or curtains blowing in the breeze?
3. **Follow the Leader:** Ask your child to imitate your movements. March in a circle, swing your arms over your head, jump back and forth, etc. Once your child understands the game, let him be the leader.
4. **Freeze!:** Put on music and dance. When the music stops or when the leader shouts, "Freeze!" everyone must stop dancing. When the music starts or the leader says, "Go!" everyone can start dancing again. Be sure to give your child a turn to be the leader or control the music.
5. **Bubbles:** Everyone loves bubbles. Blow bubbles and encourage your child to chase and pop them. Let your child try blowing bubbles for you!

WILL has many resources that support the education of young children. For more information, contact our educational outreach coordinator at **217-333-1070** or e-mail delaney1@will.uiuc.edu.

