



Always on the Move



Get Ready!

Make room indoors or outside so that everyone has enough personal space.



Work together to make a list of daily activities, sports, or games, and write them here:

Instructions:

1. To begin the game, one person will call out the name of an activity, such as cooking, dancing, or basketball.
2. Next, everyone must “act out” that activity using as many movements and muscles as possible for 30 seconds.
3. After 30 seconds, the next person calls out an activity, and everyone acts it out for 30 seconds.
4. Continue to add activities to keep the game going! *If you can't think of more, repeat your favorites that were already said!*
5. Keep your muscles on the move!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. What activities made your leg muscles tired? Which made your arms tired?
2. How many muscles do you think are in your body?
3. What are some activities you do everyday that make you move your whole body?