

## DO THIS AT HOME

# Let's Get Physical

Try these activities at home to give your child an opportunity to release energy and to practice self-awareness skills.

### What Your Child Will Learn

Moving quickly and slowly with a variety of materials and props helps children develop self-regulatory skills. As your child becomes more aware of his need to release energy and he continues to learn appropriate ways to do so, he also becomes more self-aware. These important skills of self-regulation and self-awareness are key social and emotional skills he will need to succeed in school, and in life!

### Materials Needed

beanbags  
box  
Nerf<sup>®</sup> (soft) balls  
scarves

### What to Do

#### Activities with No Props:

- ▶ Simon Says, Red Light/Green Light, Mother May I?, Partner Shadowing, and just singing and dancing to a variety of types of music are easy activities to implement with few or no props.

#### With Scarves:

- ▶ Play music of varying tempos, and ask your child to dance to the beat using the scarves.
- ▶ Encourage your child to try to juggle the scarves.

#### With Nerf Balls:

- ▶ Roll the ball back and forth to each other.
- ▶ Toss the ball back and forth to work on eye-hand coordination.

#### With Beanbags:

- ▶ Find a box to use as a target.
- ▶ Turn the box upside down, and create several different openings for the beanbag to go through.
- ▶ For each of the openings, have a picture representing an action the child should do; for instance, “Do 10 Jumping Jacks,” “Do 10 toe-touches,” and so on.
- ▶ Have your child throw the beanbag and try to get it through an opening. When he gets a beanbag to go through the opening, encourage him to do what the instructions say.

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).