



Family Fun Activities

"Wiggle Your Ears"

Children love games and movement and BOZ says, "Wiggle Your Ears" gets them up and going.

Book Extension Activities

1. Obstacle Course

Building an Obstacle Course is a great way to encourage young children to move their bodies in new ways. Be creative and use the materials that you have. Think of ways to have children go under, over, around and through challenges. Congratulate them on their successes and help them delight in the many different ways their bodies can move and grow.

2. Self-Portraits

Help children "reflect" on their uniqueness by providing hand-held mirrors to study their faces and features. Provide pencils and plain white paper and encourage them to draw the details that they see. Talk with each child about their portrait and say a little prayer thanking God for that special person.

3. Homemade Hopscotch

Using masking tape or painter's tape, create a temporary hopscotch game on the carpet, rug or hard floor. Help children take turns throwing a stone or other object to determine how many jumps to take. Encourage the rest of the family to wait patiently when it is not their turn and to cheer for the person who is playing. Turn-taking and supporting others are important parts of learning to work together as a family.

