



Enrich, Excite, Explore!

Week 5, Day 25: Adventure – Move Your Body

Read and watch the following stories on [BookFlix](#) using your CBCPL Library Card and then explore the activities below!

Read!

[Henry Hikes to Fitchburg](#) by D.B. Johnson paired with [I Like to Exercise](#) by Lisa Herrington

Talk! Write!

Create an Adventure Journal

Whether you are taking a walk around the neighborhood, hiking through a park, or having a picnic in your backyard, it can be an adventure!

Ask your child to tell you about the walk or an activity, write down their words on pieces of paper that they can illustrate later on to make a book. You can also take pictures and print them out on regular paper. Then kids can glue them on paper, and dictate the story to you to create their adventure journal. This could be like a travel journal if you go to different parks or parts of your neighborhood.

Sing!

Walking, Walking Song

<https://www.youtube.com/watch?v=fPMjnITEZwU>

Walking, walking, *(do actions according to the words)*

Walking, walking.

Hop, hop, hop,

Hop, hop, hop.

Running, running, running,

Running, running, running.
Now let's stop, now let's stop!

Repeat with tiptoe, jump, swimming, and end with "Now let's sleep!"

Play!

Make an Obstacle Course

Create an obstacle course in the backyard, or in the house. Ask your child to find things in nature or around the house to create it. You can make up rules, such as, you must include obstacles that you have to:

- Crawl through or under – a play tunnel, table
- Jump over – small pillow, plastic bowl
- Jump in – hula hoop, toys or leaves arranged in a circle
- Step around – some block towers, chairs
- Hop on – a log, hopscotch drawn on sidewalk, a bunch of stones, pretend lily pads
- Climb over – a pillow stack covered under a blanket, a slide

Make a clear starting and ending point with signs, and ask that only one person go at a time.

Daily Movement Plan:

What are some things you like to do to move your body with your family?

- Make a chart labeled with the days of the week and simple pictures of activities.
- Children can take turns making suggestions.
- It could be dancing for 15 minutes one day, biking or walking or jump roping on other days.

Read More Together!

Books related to moving your body:

- **Giant Dance Party** – E Bird, Betsy
- **A Goodnight Walk** – E Cooper, Elisha
- **Tiptoe Joe** – E Gibson, Ginger
- **The Animal Boogie** – E Harter, Debbie
- **Hike** – E Oswald, Pete
- **Duck on a Bike** – E Shannon, David
- **Is Everyone Ready for Fun?** – E Thomas, Jan

Corvallis-Benton County Public Library

645 NW Monroe Ave. | Corvallis, OR 97330 | 541-766-6794 | www.cbcppl.net **Enrich** | **Excite** | **Explore**