

Stories in Motion

Continue each bulleted activity or set of activities for 15-30 seconds.

A Snowy Day

- It snowed last night and school is cancelled! Let's get dressed to go outside! Put on your boots and jacket and don't forget your hat.
- First, we need to walk through the snow, so we can start building a snowman. Lift your feet high and don't fall over. I think it snowed at least 2 feet!
- This looks like a good spot. Bend down and start making snow balls. Pack the snow together and roll it on the ground. Make as many as you can.
- Now, pick up the snow balls and stack them to make a snow man. Make it sturdy and add eyes and a nose and mouth!
- That looks great. I feel like making snow angels. Start by moving only your arms; keep them extended and bring them up and over your head and back down to your side. Now, move your legs by themselves as if you were doing jumping jacks. Great! Move your arms and legs together? What a bunch of beautiful snow angels you are too!
- My friend wants to have a snowball fight. Let's start throwing the snowballs we just made! Bend down to pick them up and throw them as fast as you can. Now, try throwing them with the other arm!
- It's almost time to head home. Run to the sled with me! Now, hop on it and lean forward as we go down the hill. Watch out for that tree!
- Good job. Let's walk back to the house now for a healthy snack. Remember to lift your feet up high; it is a challenge to travel through the snow.
- That was a lot of fun! Maybe we can do that again soon.