

# We're learning about...

## GENERAL Space

### Locomotor Movements

Walk

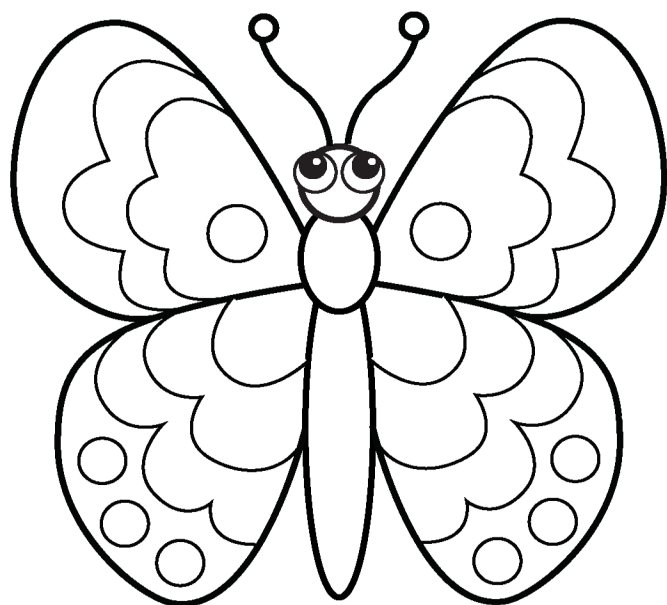
Run

Leap

Gallop

Slide

Jump



## Explore at Home:

While in the car, think of some movements you can do while sitting.

Can you stretch your arms? Shake your legs?

Bounce your shoulders? Wiggle your fingers?

Instead of walking from place to place, try exploring new and creative ways to get from one spot to the next.

# PLACE

When we dance, we can dance on our spot (SELF Space) or all around the room (GENERAL Space).

## Reflection:

Ask me to show you the non-locomotor movements below. Now ask me if I can do those movements all around the room.

"Can you do it? Let me see!"

## SELF Space

### NON-Locomotor Movements

Sway

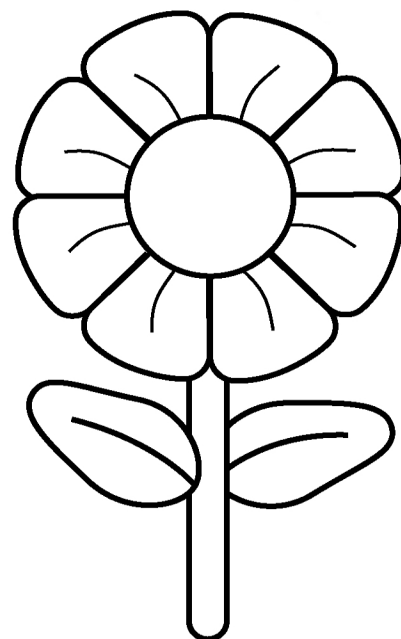
Bend

Reach

Stretch

Shake

Grow



Color this page and bring it back to me. We will hang on our wall for all to see!