This month we will:
- Explore getting from one place to another in different ways
- Walk in straight, curved and zig-zag lines
- Walk forward, backward and sideways
- Walk over and around objects

Every day tasks that support walking and running:

Walking to and from school or the bus stop:
If possible, walk to the bus stop or to school. Change routes if you can. This is a great time to point out landmarks or say hello to friends. Look for seasonal changes in your community. Are there different decorations in stores? Do the trees or flowers look different?

Pushing the grocery cart:
While it can be easier to shop when your child is in the grocery cart seat, this is a great opportunity to have your child practice walking around people and objects.

Putting away groceries or laundry:
Walk to and from the refrigerator or pantry to put away groceries or room to room to put away laundry.

Walking and Running
Walking and running are skills that allow children to explore their environment.

Home and School Connection

Game Time:

Follow the Leader:
Encourage your child to "follow the leader" as you walk in different ways (slow, fast, march, backwards etc) and move different parts of your body (arms up, arms out, etc). Play music to go faster or slower. Switch and have your child be the leader.

Run and Carry:
Put out 2 buckets a few feet from one another. Place some small objects in one. Have your child pick up an object from one bucket and then walk or run to put it in the other bucket.

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