



PLAY

Watch the video at
www.boulderlibrary.org/play

SUPPLIES

IN YOUR KIT	-OR-	FROM YOUR HOME
Ball Name Fitness chart		Anything that rolls (eg. Ball, round fruit) Name Fitness chart printed from www.boulderlibrary.org/play

BABIES: Ball Play

Roll the ball or other item to your baby. Let them pick it up. Just play! You can bounce it or balance things on it, etc. Just having the baby see the ball and follow it gets their eyes ready to read!

TODDLERS & PRESCHOOLERS: Name Fitness

Read the chart. Have your child spell their name and do the corresponding exercise activity. They can also spell the names of other family members, pets, friends, etc.

Chart inspired by <https://www.730sagestreet.com/spell-your-name-workout/>



JUGAR

Ver el video a: www.boulderlibrary.org/play

MATERIALES

EN TU PAQUETE	-O-	DE TU CASA
Pelota		Cualquier cosa que ruede (por ejemplo, pelota, fruta redonda)
Tabla de Entrenamiento		Tabla de Entrenamiento impresa de www.boulderlibrary.org/play

BEBÉS: Jugar con la pelota

Haz rodar la pelota u otro objeto hacia tu bebé. Deja que la ataje. ¡Simplemente jueguen! Puedes hacerla rebotar o equilibrar cosas sobre ella, etc. ¡El solo hecho de que el bebé vea la pelota y la siga, hace que sus ojos estén listos para leer!

NIÑOS PEQUEÑOS Y EN EDAD PREESCOLAR: Tabla de Entrenamiento

Lee la table. Pídele a tu niño que deletree su nombre y haga el ejercicio de la actividad correspondiente. También puede deletrear los nombres de otros miembros de la familia, mascotas, amigos, etc.

Tabla inspirada por <https://www.730sagestreet.com/spell-your-name-workout/>

What's Your Name?

A

jump up and down 10 times

B

spin in a circle 5 times

C

hop on one foot 5 times

D

run to the nearest door and run back

E

walk like a bear for a count of 5

F

crawl across the floor

G

do 10 jumping jacks

H

hop like a frog 10 times

I

balance on your left foot for a count of 10

J

balance on your right foot for a count of 10

K

walk like a robot for a count of 10

L

pretend to jump rope for a count of 12

M

fist pump in the air 3 times

N

pick up a ball without using your hands

O

walk backwards 25 steps then skip back

P

walk sideways 20 steps then hop back

Q

crawl like a crab for a count of 10

R

walk like a penguin for a count of 5

S

bend down and touch your toes 20 times

T

pretend pedal a bike with your hands for a count of 5

U

roll a ball with only your head for a count of 10

V

flap your arms like a bird 25 times

W

pretend to ride a horse for a count of 15

X

try and touch the clouds for a count of 15

Y

walk on your knees for a count of 10

Z

clap your hands in a circle 20 times

