Continue activities following the story – On One Foot



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הוֹצָאָה: המבוך
Age Group: **Preschool (3-5)**

שִׂיחָה

Discussion — With someone and on my own

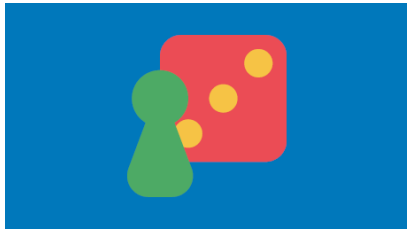
What can we do on our own? What's better done together? You may want to discuss the things we can do with others with your child, and then come up with the things that they can do themselves. Who do they enjoy sharing experiences with? Family members? Friends? Perhaps their pet?



מִשְׂחָק

A game — On one foot

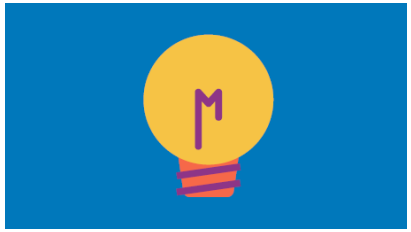
Can you also stand on one foot? Let's check!
Throw a die, stand on one foot and count to the number shown on the die: One, two, and... Are you about to fall? Reach out and allow whoever is next to you to help you stay upright.



הַשְׁרָאָה

Cooperation

You may enjoy putting a list together of all the activities that are best done together, in collaboration with someone: Tidying up your room, making dinner, or reading your favorite book. Then, take some cards, write each activity down on a separate one, and decorate it. You could keep all the cards in a special box, pick one out every day, and ask: How about cooperating today and sweeping the house? Why don't we engage in a family game of catch? Or how about joining forces in some other activity?



כְּלָלִי

Movement — On one foot or two

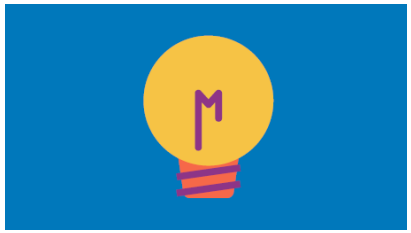
You may want to assemble a movement course at home, and complete it on one foot, two feet, all fours, or perhaps even three... Design a track on the floor using skipping rope, and take turns completing it in a different way each time: Hopping on one leg, while keeping a cushion balanced on top of your head, crawling, in pairs, with your arms crossed, because it's easier to jump on one foot in pairs.

הַשְׁרָאָה

Pinterest

Pinterest

Pinterest – Movement games, collaborations, arts & crafts and songs are on the On One Foot page on the PJLibrary Pinterest.



www.pjisrael.org **More activities on the Pajama Library website**