DO THIS AT HOME
Let’s Get Physical

Try these activities at home to give your child an opportunity to release energy and to practice self-awareness skills.

What Your Child Will Learn
Moving quickly and slowly with a variety of materials and props helps children develop self-regulatory skills. As your child becomes more aware of his need to release energy and he continues to learn appropriate ways to do so, he also becomes more self-aware. These important skills of self-regulation and self-awareness are key social and emotional skills he will need to succeed in school, and in life!

Materials Needed
- beanbags
- box
- Nerf® (soft) balls
- scarves

What to Do

Activities with No Props:
- Simon Says, Red Light/Green Light, Mother May I?, Partner Shadowing, and just singing and dancing to a variety of types of music are easy activities to implement with few or no props.

With Scarves:
- Play music of varying tempos, and ask your child to dance to the beat using the scarves.
- Encourage your child to try to juggle the scarves.

With Nerf Balls:
- Roll the ball back and forth to each other.
- Toss the ball back and forth to work on eye-hand coordination.

With Beanbags:
- Find a box to use as a target.
- Turn the box upside down, and create several different openings for the beanbag to go through.
- For each of the openings, have a picture representing an action the child should do; for instance, “Do 10 Jumping Jacks,” “Do 10 toe-touches,” and so on.
- Have your child throw the beanbag and try to get it through an opening. When he gets a beanbag to go through the opening, encourage him to do what the instructions say.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SES.