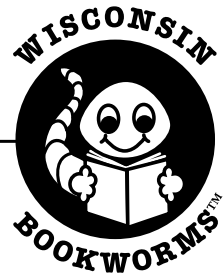


Activity Sheet



"Clap Your Hands"

By Lorinda Bryan Cauley

The rhyming couplets of "Clap Your Hands" will inspire young ones to clap, stretch, hop and wiggle just as the jolly animals and their human companions do.

Before you read this book: Do some stretching. Bend over and touch your toes. Reach up to the sky. Do the runner's stretch. Explain the importance of stretching before you exercise.

After you read this book: Create an indoor obstacle course. Include objects you can climb over or under, stand on top of, walk around or crawl through. Walk the route with the children discussing the directions for moving around, over, under, behind, in front of, or through each obstacle. (Gallop around the chair. Touch your toes under the ceiling fan. Crawl through the cardboard tunnel, etc.) Take turns "running" the course.

Try this at home: How do you stay active? Take a look at this list, add your own ideas and commit to trying one new activity with your children each week!

act like the animals – hop, jump, slither, beanbag toss, climb stairs, go camping, Capture the Flag, dance, dig a hole, do an egg relay, explore a new park (www.discovertheforest.org), fly a kite, Frisbee, garden, get outdoors (www.nwf.org/naturefind), hike, hide-and-seek, hop on one foot, ice skate, insect hunt, jump rope, do jumping jacks, take a leaf walk, play laundry-basket basketball, march in your own parade, net play – fish, frogs and butterflies, make an obstacle course in the living room, parachute play, play at the park (www.kaboom.org), do "quick clean up" around the house, rake, play Red Rover, somersault, sled, play Simon Says, stomp your feet, trampoline, play Under the Rope, vacuum, volleyball, walk your dog, water play, play X Marks the Spot, do yoga, go to the zoo.

Additions resources: Check out these movement books:

- "From Head to Toe" by Eric Carle
- "Dance, Tanya" by Patricia L. Gauch
- "Jump, Frog, Jump!" by Robert Kalan