



Get Moving BINGO



Gross Motor Exercises



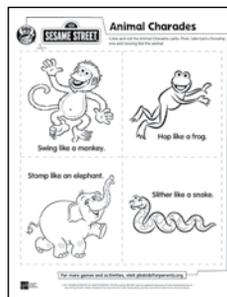
Play "Simon Says."



Move Your Body!



Invite someone to play the Hokey Pokey.



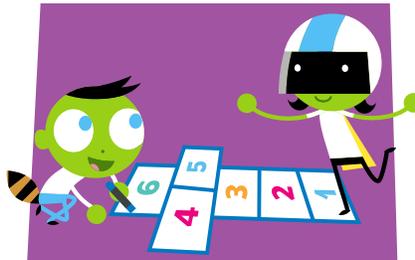
Animal Charades



Dance to your favorite song!



Alphabet Aerobics



Play hopscotch.



Get Walking

PreK-K

Find more games and activities at pbs.org/parents/learn-at-home



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BINGO

Muévete



Ejercicios de motricidad gruesa



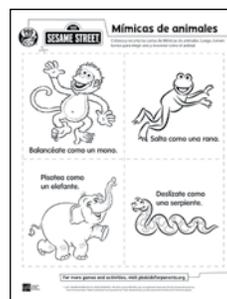
Juega "Simón Dice."



¡Mueve tu cuerpo!



Invita a alguien a jugar el "Hokey Pokey".



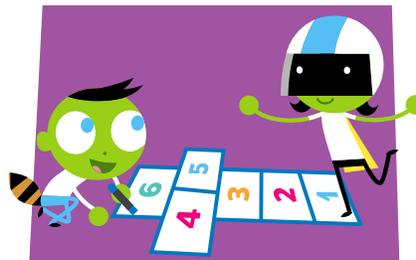
Mímicas de animales



¡Baila tu canción favorita!



Acrobacias del alfabeto



Juega a la rayuela (tejo).



¡A caminar!

PreK-K

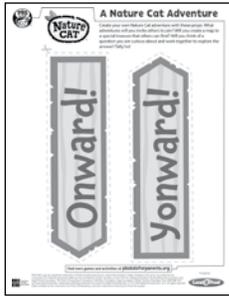
Encuentren más juegos y actividades en pbs.org/parents/learn-at-home



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Get Moving BINGO



A Nature Cat Adventure



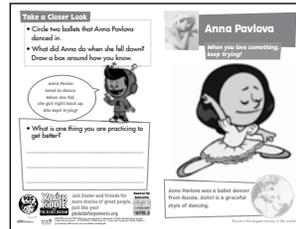
Practice mirroring the movements of a partner.



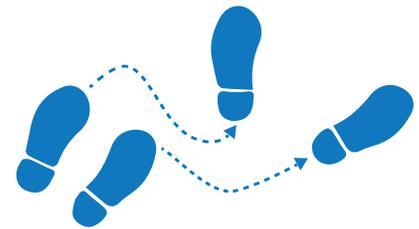
Let's Roll



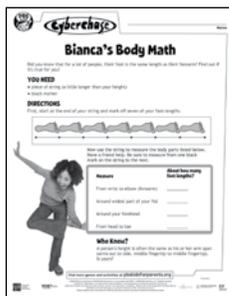
Find a prop (like a fabric or hat) to dance with.



Anna Pavlova



Draw the steps to a routine. Then, practice it.



Bianca's Body Math



Look at a dance from a different culture and practice it.



Yoga Poses

Grades 1-2

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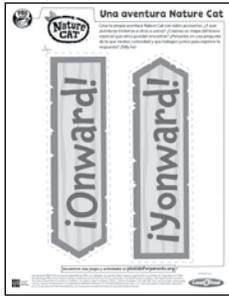


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BINGO

Muévete



Una aventura Nature Cat



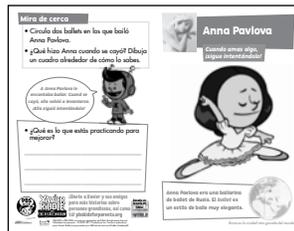
Practica el imitar los movimientos de un compañero.



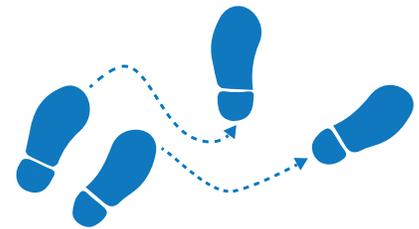
¡A rodar!



Busca un accesorio (como una tela o un sombrero) para bailar.



Anna Pavlova



Dibuja los pasos de una rutina. Luego practícalo.



Matemáticas usando el cuerpo con Bianca



Mira un baile de una cultura distinta y practícalo.



Posturas de yoga

Grados 1-2

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