

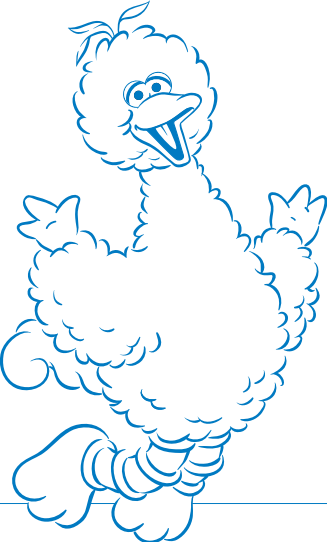


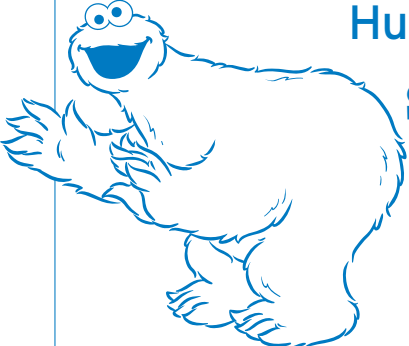
Family Handout

# Activity Chart

Cut out the Activity Chart below and put it on your refrigerator at a level your child can reach.

At different points each day when you and your child need to move, you can play "Magnet Mystery Move!" together. Take turns closing your eyes and placing a magnet on the chart. (If you don't have a magnet, just use your finger.) Which section did you choose? Pick a movement activity from this list and move together. Now close your eyes and choose again.

✂

<p><b>Stomp!</b> <b>Jump!</b> <b>Run!</b> <b>Hop!</b></p> 	<p><b>Cycle your legs!</b> <b>Dance! Swim!</b> <b>March!</b></p> 
<p><b>Wiggle!</b> <b>Walk! Zoom!</b> <b>Twist!</b></p> 	<p><b>Do jumping jacks!</b> <b>Hula! Skate!</b> <b>Stretch!</b></p> 



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