

Literacy & Movement

Creating Healthy Minds and Bodies in Infants and Toddlers

What Does Reading Aloud Do?:

- ✓ Builds vocabulary
- ✓ Conditions the child's brain to associate reading with pleasure
- ✓ Creates background knowledge
- ✓ Provides a reading role model
- ✓ Strengthens phonological awareness skills

Why is it important to involve children in motor activities?

- ✓ Encourages a healthy lifestyle
- ✓ My Body Needs Me!!
- ✓ Multisensory learning allows kids to better learn and remember information.

What you can do to model and encourage physical activity

- ✓ Short bursts of activity are a great way to get kids moving!
- ✓ Include 60 minutes per day of self directed free play activity AND 60 minutes per day of planned, teacher-led movement activities per day
- ✓ At this age, physical activity should be PLAY and not competitive
- ✓ Every child should be successful!

Discovering Interactive Books You can use your body to interact with books!

- ✓ *Happy Baby Words*
Have babies and toddlers explore objects while you talk about what they are holding
Toddlers begin to sort based on color or item
Toddlers follow simple directions
- ✓ *Here Are My Hands*
What are all the different things your hands can do with the scarves?
Try this chant: "Here is my scarf for tucking and juggling, here is my scarf for over and "undering"!"
- ✓ *I Went Walking*
Read this book before you take a walk
On your walk, use the repeated text "I went walking, what did I see?" Gather items.
When you get back from the walk, make your own class book using the items you gathered
Talk about the book as you are making it and after it is done. "Mercy went walking and she saw a _____."

- ✓ *Jamberry*
Balls can become berries! Give each ball a name based on the color or texture. Have students sit in a circle and roll or toss the berries to each other. Play music during this activity and when it stops, throw your berry in the middle of the circle and yell "JAMBERRY!"

- ✓ *The Little Red Hen*
Work on sequencing or story retells
Talk about helping others
Have a healthy snack of bread and jam!

Use music to teach literacy and encourage movement

- ✓ Follow the directions in a song
- ✓ Sing songs during movement routines:
 - clean-up
 - come to circle
 - lining up for outside
- ✓ Free dancing- have props available (scarves, flowing skirts, ribbons)
- ✓ Freeze dancing
- ✓ Dance slow/fast, depending on the music
- ✓ Use different movements for different parts of a song
- ✓ Follow the directions/actions in the song
- ✓ Exercise or stretch
- ✓ Movement in line
- ✓ Follow teacher/song-led directions with dancing
- ✓ Rocking and bouncing
- ✓ Dance while holding baby, hold hands with toddlers as you dance
- ✓ Moving (dancing, bouncing, swaying, clapping) helps develop coordination and balance

Use movement vocabulary during your active play times

- ✓ Have kids squish, feel, smash the ball
- ✓ Take a walk with the kids
- ✓ Label your own movements
- ✓ Go to the park
- ✓ Plant a garden
- ✓ Play outside
- ✓ Use scarves to learn position words