

	Monday Activity link	Tuesday Activity link	Wednesday Activity link	Thursday Activity link	Friday Activity link
On the Move	<u>Chalk Path</u> Follow the directions to get through the path!	<u>Up and Down</u> <u>Freeze Game</u> Dance and freeze!	<u>Dance Game</u> Let's get our bodies moving by dancing!	<u>Over and Under</u> Jump over or crawl under? You decide!	<u>Obstacle Course</u> Use your body to dodge the obstacles!
Adventures Online	<u>Up, Down, and Around</u> <u>Read-a-loud</u> Check out a garden full of things that are growing up, down, and around.	<u>Pie Day</u> Let's bake a pie with Cookie Monster and Abby. What do you need to bake a pie?	<u>Get Up to Get Down</u> Get up and move! Practice moving your hands up and down with Jack Hartman.	<u>Opposite Day</u> Bear and Luna talk about many opposites throughout their day. What are some opposites you can think of?	<u>Over the Deep Blue Sea</u> Rock up, down, and all around the pirate ship with this fun song.
Sensory Time	<u>Walk Through the Bubbles</u> Time for bubbles!	<u>Digging in the Dirt</u> It is a dirty job but digging, scooping, and pouring dirt is so much fun.	<u>Box Tunnel</u> Let's get creative.	<u>Any Which Way You Move</u> Step forward, back and side to side to watch these colors come alive!	<u>Bear's House</u> Where's the bear?

<p><i>Story Time</i></p>	<p><u><i>What's Up, Duck?</i></u> Duck and goose explore opposites together.</p>	<p><u><i>All for Pie, Pie for All</i></u> Pie is for sharing!</p>	<p><u><i>Walk and See: Opposites</i></u> Join two children as they go on a wintry walk looking for opposites.</p>	<p><u><i>Opposites</i></u> Cute little critters show opposites.</p>	<p><u><i>How Do Dinosaurs Go Up and Down?</i></u> A lift the flap book about opposites with dinosaurs.</p>
<p><i>Arts and Creativity</i></p>	<p><u><i>Up and Down Line Art</i></u> What can you create while only using up and down strokes?</p>	<p><u><i>Open, Shut Them</i></u> Sing and dance along to this familiar tune about opposites!</p>	<p><u><i>Opposite Day Dramatic Play</i></u> Up, down, opposites are all around!</p>	<p><u><i>All Around Circle Art</i></u> What can you create using only round, circular strokes?</p>	<p><u><i>Opposites Collage</i></u> Find as many opposites as you can!</p>