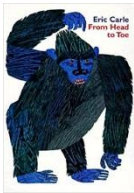


Olympic Time is Time to MOVE!

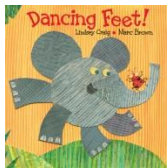
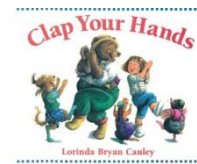
This February, the Winter Olympics will take place in Pyeong Chang, South Korea! Don't just watch it on TV. Take this time to move with your child! You may not really be able to ice skate or compete in luge, but you can use your imagination! Athletes need to have good balance. Practice walking on a line. If the weather is nice...pretend to LUGE down the slide at the park. Indoors, wear slippery socks and slide around on the smooth floor like you are FIGURE SKATING. Or make a modified CURLING course...using a ball or toy truck and a broom, and land on a bulls-eye on the floor. Don't let your kids have all the fun! They want to judge **your** spins and turns on the ice rink as well!

Here are some books to help your athletes "warm-up":



Carle, Eric. [From Head to Toe](#). (Bend and stretch with the animals in this colorful book.)

Cauley, Lorinda. [Clap Your Hands](#). (Tickle, whisper, reach and fly!)



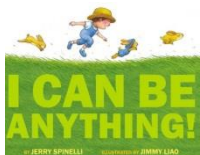
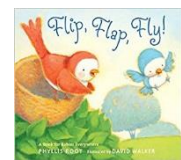
Craig, Lindsey. [Dancing Feet!](#) (Stomp, stamp and tip toe as you imitate the various animal walks.)

Martin, Bill. [Spunky Little Monkey](#) (Taking an old hand clapping rhyme, Bill Martin and his Spunky Monkey get you moving!)



Rueda, Claudia. [Bunny Slopes](#). (Can you move like Bunny does on the snow?)

Root, Phyllis. [Flip, Flap, Fly!](#) (Imitate the baby animals as they learn to move.)



Spinelli, Jerry. [I Can Be Anything!](#) (What will you be when you grow up? Can you imitate these creative jobs?)

Thompson, Lauren. [Hop, Hop Jump!](#) (Follow the kids as they move in lots of fun ways!)

