

 **WHAT IS IT? (RATIONALE)**

Many countries begin their day, whether at school or at work, with an exercise routine. This helps to wake up both the body and the mind.

 **ADAPTATIONS**

Always make these activities age-appropriate.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

Have your children begin each day with some simple exercises such as jumping jacks, toe-touchers, etc. or with some basic stretching exercises to music.

No equipment necessary.

 **DEVELOPED BY:**

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DOMAINS ADDRESSED

SEQUENCING



BALANCE



FLEXIBILITY



BEST EFFORT

BODY IMAGE

HAND/EYE

AEROBIC

SELF CONTROL

FOLLOWING DIRECTIONS

COORDINATION

STRENGTH

COOPERATION

SEQUENCING

GENERAL

RESPECT/COMPASSION

LANGUAGE

COORDINATION

RESPONSIBILITY

CONSTRUCTIVE

COMPETITION