

## Video Instructions

### **What you will need:**

- Supplies for Slime
  - Large Bowl
  - 1.5 cups of corn starch
  - 1/2 - 3/4 cup water
  - clean hands
  - Combine corn starch with a small amount of water until you have a wet but still firm texture.
- Supplies for Obstacle Course: Something to go “over”, “under” and “around”. We suggest using soft materials like a pool noodle, rolled up towel, blanket, or yoga mat. You’ll also need a stuffed animal friend.
- Supplies for Yoga: A carpeted floor, yoga mat or towel, maybe a stable chair, step stool, pillows or yoga block if available and depending on your child’s needs.
- Living Room or space to move around. All activities within this video can also be done outside.

### **Introduction (0:00)**

### **Warm-up activity: Traffic Jam (1:25)**

- **Instructions:** This activity is to get the body warmed up and moving while also practicing listening skills. The kids will be asked to do some easy movements, like marching in place or moving arms around. As they are doing these different movements, a stoplight will tell them how fast they should be doing the movements. If the light and screen are green, then they go at a normal pace. If the light and screen are yellow, they go at a slow speed, and if it is red then they have to stop and wait till the light changes color.
- Not only do the movements get the kids warmed up and get them ready for the other activities, but it also gets them practicing their **self-regulation** skills. Self-Regulation skills are those that help control actions and behaviors, which they are practicing when going slow or staying still for as long as the light is red. This also helps with focusing, practicing listening for the commands while they are moving. This not only helps with development, but also helps get them focused for the other activities.

### **Second Activity: Slime Time in the Swamp (6:15)**

- **Instructions:** Creating slime is best supervised by the adventure guide, as this activity can get messy. Parents can measure out the cornstarch into a bowl and water into a cup and then let the child mix in a sturdy bowl. Depending on your child’s abilities, you can modify this activity to allow full independence in measuring and mixing, or pre-make the slime without child interaction before giving it to the child to follow along with the activity. Add the water to the corn starch, adding until you have just enough to make a firm but fluid mix. Feel free

to add a drop of food coloring if you'd like, but be careful as different dyes can stain. Make sure to wash hands thoroughly afterwards.

- This is an example of a **fine motor** activity, or an activity that practices small controlled movements. In order to move through the slime, kids have to move slowly. Quick and hard movements will make the mixture harden.

### **Third Activity: Candy Forest Obstacle Course (10:04)**

- **Instructions:** Based on ability of kiddo, set up three obstacles. One for your child to go "over", one to go "under, and one to "around". *How* they go through these obstacles is up to your discretion as the parent/adventure guide. After the three obstacles we "save our friend" and carry it back through the obstacle course to the beginning. This can be any stuffed animal, favorite object or even a cooperative pet. This activity is highly modifiable to various abilities. "Over" can be a single step over a yoga mat or book a firm, level plane, it can be a step over an object like a fluffy pillow that requires higher lifting of legs. For even more challenge, a child can jump up on an object and then jump back down. "Under" can be walking under a yoga mat (limbo), it can be crawling under a blanket draped between two chairs. Instead of just walking "around" the obstacle they can tip-toe, hop or crabwalk! We recommend having soft obstacles for safety reasons to prevent bumps and bruises. For example, a yoga mat or a pillow may work for all three obstacles. Feel free to be as creative as you would like, based on your child's interest and abilities.
- This is a **Gross Motor** activity, that focuses on big movements with whole body coordination and maintaining balance while changing positions. Carrying their "friend" during the second half adds the challenge of multiple tasks to focus on. You may also challenge **memory** by asking your child to remember which obstacle comes next.

### **Fourth Activity: Animal Time at the Zoo (14:40)**

- **Instructions:** During this activity, kids will be trying to mimic the different animals. Try to find a nice flat area, with carpet or a yoga mat, when doing this activity.
- Doing these different poses are a great way to do some large movements and we are focusing on working on some balance, strength and stretching. The beginning movements are designed to help encourage movement, while the last movements are more focused on stretching. If need be, feel free to pause the video to spend a little extra time stretching or moving.

### **Final Activity: Freeze Dance/Goodbye (20:56)**

- **Instructions:** In the final activity, kids will start by "lighting" an imaginary candle to help light up the igloo. They will silly dance along with the music until they hear "Freeze!" When music stops, the kids will take a big deep breath. When taking a big deep breath, the kids will take a nice big breath in through their nose, hold for a second, and blow out slowly through their mouth, like they are blowing out a candle. As the dancing goes on, the music will get quieter and quieter. As the

music gets quieter, the kids will have to dance smaller and smaller movements, till the music goes away. We will finish with one final deep breath and blow out the candle to signify the end of our adventure.

- This is another **self-regulation activity** and a chance to be silly. They will practice listening to instructions and controlling their movements. The deep breathing exercise is interspersed to incorporate a calming technique, as the kids have to stop what they are doing and really think about their breathing. This deep breathing exercise can be useful to use outside of the video to help children calm down.