

Ready 2 Read!

Movement Games: First I Find A Foot

First I find a foot,
And I hop, hop, hop (*stand on one foot
and hop*)

Then when I get tired
I stop, stop, stop (*foot stamps on each
“stop” and FREEZE*)

Turn around and count to ten (*turn
around*)

Then I find a foot, and I hop again! (*hop
on other foot*)

Tips:

Learning to “stop” is a good skill for young children! Whether they are feeling frustrated, and angry, or maybe doing something dangerous, knowing how to “STOP” is good self-regulation!