



Native Americans

- Vestibular: The children sat upon a scooter board and propelled themselves in their “canoes.”
- Balance: The children completed an obstacle course with a balance beam and hula hoops. They walked across the bridge over the “river” shaking their rain sticks. They pretended to plant corn in a field.
- Proprioception: After “planting corn,” the children cooled off by jumping in the cool “lake” (bean bag chair).
- Fine Motor: The children each got a picture of a colored feather and had to snip the edges. They glued this to a band and made a Native American headband.

To try at home: Have your child practice squishing pretend pumpkin pie at home. Use play doh and have your child practice flattening the play doh like making pie dough and then try rolling the play doh.

