

SKILL: LISTENING

Warm-up (Routine 2): 5-minutes

- **Shoulder Hops:** Raise your shoulders up and down 10 times.
- **Butterflies:** While sitting, place the bottom of your feet together and raise your knees up and down while counting to 10.
- **Stuck Buggies:** While lying on your back, wiggle your feet and hands while counting to 10.
- **Busy Bee:** While sitting, gently twists your shoulders while counting to 10.

Mat chat — 3-minutes (Includes water break)

- Today we are going to work on LISTENING.
- o LISTENING means following directions.
 - o Here are three LISTENING tips that I want everyone to practice today:
 1. Look at the person that is speaking to you.
 2. Follow what they say.
 3. Do not do something else other than what they say.

Skill-building drills —7-minutes

"Hey Ninja Ninja"
"Muscal Nnjas"
"Punch Kick Sit"
"Stop_N_Go"

Milestone Assessments - 5-minutes

- o 18 —22 months: Will punch non-stop when you say: "punch" and stop when you say: "stop."
- o 22 —28 months: Will kick non-stop when you say: "kick" and stop when you say: "stop."
- o 28 — months and up: Will punch non-stop when you say: "punch," kick non-stop when you say: "kick," and stop when you say: "stop."

Cool Down (Routine 2): 5-minutes

- **Sleeping Butterfly:** Sit with the bottom of your feet together and count to 10.
- **Dog:** On your hands and knees, straighten your knees and count to 10.
- **Cobra:** On your belly, reach forward placing one palm on top of the other hand and raise your hands off the ground while counting to 10.
- **Lion:** Sitting on your heels, place your palms on the floor and raise your chin and count to 10.

Game -3-minutes

"Musical_Chairs_With_Out_Taking_Chairs_Away"

