

SKILL: RESPECT

Warm-up (Routine 4): 5-minutes

- Jumping Joey's: Gently hop down the mat.
- Panther: Crawl down the mat while trying not to let your knees touch the floor.
- Inch Worms: Walk your hands down the mat then walk your feet to your hands.
- Flat Man's: Swing your leg forward down the mat and face your body sideways when you land, then swing the other leg and you will face the other direction.

Mat chat — 3-minutes (Includes water break)

- Today we are going to work on RESPECT.
- o RESPECT means to be nice.
 - o Here are three RESPECT tips that I want everyone to practice today:
 1. Try not to be silly when showing respect.
 2. Always smile when showing respect.
 3. Look the other person in the eyes when showing respect.

Skill-building drills —7-minutes

"Hit & Hug"
"Big Bow"
"You Go I Go"
"Mes_Up"

Milestone Assessments - 5-minutes

- o 18 —22 months: Will shake your hand while looking at you.
- o 22 —28 months: Will bow while looking at you.
- o 28 — months and up: Will introduce themselves to you by saying "help, my name is _____."

Cool Down (Routine 4): 5-minutes

- Crescent Moon: Reach your hands high to the ceiling then lean to one side and count to 5, then switch sides.
- Rag Doll: While standing, lean over and hug your knees while counting to 10.
- Lazy Cat: While sitting on your knees, lean over and reach your hands forward on the ground and count to 10.
- Belly Buttons: Lie on your back with your knees bent and feet touching the ground, then raise your belly in the air and count to 10.

Game -3-minutes

"4_Corners_With_Guardian"