

## Physical Readiness

Children's minds need to be free in order to pay attention. If their mind is focussed on keeping themselves up-right and balanced, they are less able to pay attention.



## Dance



Jump, hop, spin, reach,  
fill & build.

## Skip and Clap



## Action Rhymes



Chase Bubbles



Den Building

Getting Dressed  
& Undressed



Washing Hands

Cleaning Teeth



Brushing Hair

Sand Play



Water Play



Tidying, Sorting  
& Stacking



Large Scale Painting

Stirring & Mixing



Martial Arts

