

Hop a Little, Jump a Little!

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Book Guide

For Children Birth to Age 3

Questions

- It's fun to make our bodies move! Can you make your body wiggle? Show me how.
- Where's your knee? There it is! Where's your head? There it is! Find your toes. Stretch and touch them! (On each page, find what body part they are talking about and touch it in the book and on your child.)

Activities

Let's Exercise!

Do simple stretching exercises with children like touching toes and wiggling arms and legs. You may want to search online for some yoga moves for toddlers and preschoolers.

Song Time!

Sing these songs and do the movements:

Head, Shoulders, Knees and Toes

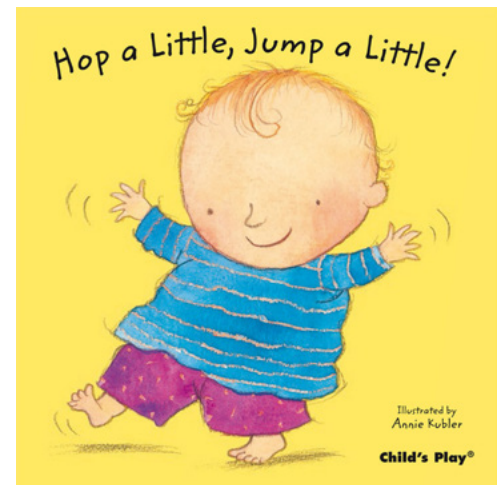
Head, Shoulders, Knees and Toes, Knees and Toes,
Head, Shoulders, Knees and Toes, Knees and Toes, and
Eyes, and Ears, and Mouth, and Nose,
Head, Shoulders, Knees and Toes, Knees and Toes.

(Sing this song at three different paces, regular, super slow, and super "fudge" fast. Children's favorite is usually super fast!)

If You're Happy and You Know It

If you're happy and you know it clap your hands,
If you're happy and you know it clap your hands,
If you're happy and you know it and you really want to show it,
If you're happy and you know it clap your hands.

(Replace "clap your hands" with "stamp your feet," "shout hurray," and "do all three.")



Continue...

Ribbon Sticks

- Use a stick or a popsicle stick and attach a piece of ribbon or crepe paper to one end using tape (duct tape or masking tape works best). You can even use a spoon if you don't have any sticks.
- Hold the stick by the end that does not have the ribbons attached and swirl the stick to see the ribbons dance.
- Invite your child to dance with the ribbons flying around as you read *Hop a Little, Jump a Little!* to her. Any movement or song book can be turned into a dancing book with ribbon sticks!

More Books to Explore!

- *From Head to Toe* by Eric Carle
- *If You're Happy and You Know It* by Jane Cabrera
- *Hooray for Birds!* by Lucy Cousins
- *Row, Row, Row Your Boat* by Annie Kubler