

“PLAYGROUND TIME”

This activity works best in an area with a big open space. Have the children stand up in a large circle or a few smaller circles and follow the directions. There is a lot of up and down movement, so feel free to read the rhymes slowly with plenty of pauses.

The logo for ROB REID features the name in a blue, sans-serif font. The letters 'ROB' are stacked above 'REID'. A red L-shaped graphic element is positioned to the left and below the text, framing it.

All join hands	(Join hands.)
Circle around	
Now you have	
A merry-go-round	(Move in a circle.)
Next sit down	(Allow the children to find a seat.)
Shout and sing	(“Yippee” or “La-la-la” usually works.)
Legs out front	(Sit with legs out front.)
Arms up—swing!	(Arms overhead - mime swinging back and forth.)
Hula hoop	(Stand and swing hips.)
Bumper cars	(Bump hips with neighbor.)
Teeter totter	(Face neighbor, hold hands. Take turns going up and down.)
Monkey bars	(Hand overhead and mime moving along bars.)
Balance beam	(Mime walking on a narrow beam.)
Slippery slide	(Sit again and hold hands up slightly behind head.)
Crawl through tunnels	(Crawl a few steps.)
Rocking-horse ride	(Sit and rock back and forth.)
Catch the ball	(Mime catching a ball.)
Dance and rhyme	(Stand and dance in place.)
Imagination	
Playground Time!	(Arms outstretched.)