

ACTIVE PLAY...EVERY DAY!

Module 7

Bumpityville Bus Ride



Bumpityville Bus Ride...

Say:

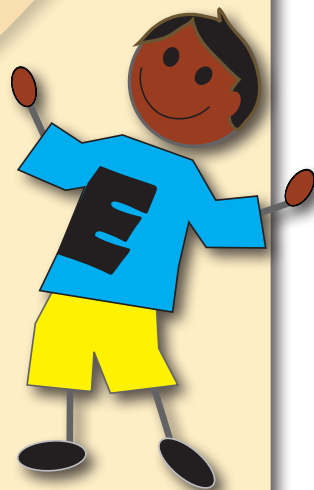
Who wants to go on a bus ride?
OK, let's go to the bus stop and wait for a bus
Here comes the bus, it's the Bumpityville Bus
Get ready for the ride of a lifetime!
Look, there is no bus driver
We'll have to drive the bus ourselves
Put on your bus driver hat
Look, there's no room to sit down! Hold on tight!
Start your engines
Yell "All aboard the Bumpityville Bus!"
OK, here we go
Oh No! A dead end!
Let's turn onto a smooth road
Here we are on the smooth road
Oh No! Another dead end!
Now we have to drive on the bumpy road!
Here we are on the road to Bumpityville!
It's getting bumpier!

Do:

Jump up and raise hands
Walk in place

Pretend to climb into the bus

Pretend to put on a hat
Reach up and make a fist
Pretend to turn the key and push the gas
Close the bus door and drive
Start walking
Freeze in place
Make a big swooping turn
Make smooth skating motions
Freeze in place
Start walking again
Jump up and down like popcorn
Jump bigger and bigger



(continued on the other side)



ACTIVE PLAY...EVERY DAY!



Bumpityville Bus Ride...(continued)

Say:

Oh No! A pot hole!
Wow! What a pot hole!
Okay, let's keep going
Look, there is an animal in the road!
What kind of animal is it?
Honk your horn! Turn the Bus!
It's still there! Turn the bus again!
Stop the bus!
Wow! We just missed the animal!

And here we are! Welcome to Bumpityville!!

Do:

Fall onto the floor
Stand up slowly
Start walking again

Child tells you what animal it is
Making honking and turning motions
Turn again
Freeze in place
Let out a big breath of air
Celebrate!



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To: Head Start Parents and Caregivers,

Did you know? Machines of every kind make us less active. If you want to be active, you have to try extra hard. Just a little bit of extra activity makes a difference. So skip the drive-thru restaurants and hide your TV remote control. Start healthy habits with your kids while they are young. Help your children play, rather than watch TV, and you will see the benefits too!



Child Health Initiative for Lifelong Eating & Exercise

ACTIVE PLAY... EVERY DAY!



Tell Your Own Story Module 7

TELL AN ACTION STORY...



Action stories are a fun way to be active together. Try one with your child. You might find that they like it better than watching action movies!

Children love it when you tell them stories. Tell a story that has lots of action words like walk, reach, jump, roll, whisper, wiggle...there can be lots of actions in a story!

SPECIAL WORD...

Pick a special word for your story, like **blue**. Every time you say **blue**, your child has to do a move, like jump or touch their toes – think of something fun. Say the favorite word lots of times in your story. Help your child recognize it easily by saying it slowly.

Challenge: While you are telling the story, do the special moves with your child!



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