Children love to be moving, and love things that they can move. It helps to build strong muscles and prevents becoming overweight by staying active. Here are some activities you can do with your child.

**Newborns:** play Peek-a-boo by covering your face with a small towel or cloth. Ask “Where’s Mommy?” and then say “Peek-a-boo!” as you pull the towel off. This can also be done by placing your hands over your face or hiding behind a book. Eventually you can gently hold the baby’s hands up to his face and say “Peek-a-boo!” as you pull them away.

**Toddlers:** play music or sing a song and invite your child to move to the music. Young children have a natural tendency to move their bodies to a beat, so create lots of opportunities to dance and move.

**Young preschoolers:** learning large motor skills can be tricky if children are not given the opportunity to practice often. Some skills do not develop until the child’s body has matured enough to master them. Large motor skills that need to be practiced are-

- Skipping
- Galloping
- Hopping on one foot

These are fun activities to do as a family, and are good exercise. If you can’t remember how to do these activities check out some YouTube videos, or ask an older child to show you. Moving and grooving with your child will create good memories- and large motor skills!

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**Featured Book**

*There Is A Bird on Your Head!* by Mo Willems

Gerald learns that there are worse things than having a bird on your head; two love birds, a nest, and three baby birds can cause a much bigger problem!

This books is part of the “Elephant and Piggie” series. Mo Willems is the author of several popular books and series including Don’t Let the Pigeon Drive the Bus and others in that series, Cat the Cat, Knuffle Bunny and more!

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**Other books about things that go...**

- *Chugga Chugga Choo Choo*, by Kevin Lewis
- *Action Rhymes*, by Clare Beaton
- *I Spy Little Wheels*, by Jean Marzello
- *Dig Dig Digging*, by Margaret Mayo
- *Freight Train*, by Donald Crews
- *Gallop*! *A Scanimation Picture Book*, by Rufus Butler Seder
- *Wiggle Like an Octopus*, by Harriet Zeifert
More fun with *There’s a Bird On Your Head*...

**In the mood...** This is a great book to help your child identify moods and feelings. Ask your child to hunt through the book for examples of: happy, mad, sad, scared, etc.

**Tech time...** Play Elephant and Piggie games, print coloring sheets, and meet more Mo Willems characters at pigeonpresents.com/.

**Arts and crafts...** Elephant and Piggie are best friends. Provide paper and crayons and ask your child to draw a picture of him playing with his best friend. Another way to create a picture is to take a photo of him playing with his friend. Ask him questions about his drawing or photo.

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**Nursery Rhyme**

**The North Wind Doth Blow**

The north wind doth blow,  
And we shall have snow,  
And what will poor robin do then?  
Poor thing!  
He'll sit in a barn,  
And keep himself warm,  
And hide his head under his wing.  
Poor thing!

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**Action Rhyme**

**The Wheels on the Bus**

The wheels on the bus go round and round,  
round and round, round and round.  
(roll arms around)  
The wheels on the bus go round and round,  
All through the town.

The horn on the bus goes beep, beep, beep;  
beep, beep, beep; beep, beep, beep.  
(pretend to honk horn)  
The horn on the bus goes beep, beep, beep,  
All through the town.

The wipers on the bus go swish, swish,  
swish; swish, swish, swish;  
swish, swish, swish.  
(move arms back & forth like wipers)  
The wipers on the bus go  
swish, swish, swish,  
All through the town.

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**What your library can do for you...**

Many libraries have Movement and Music activity times for young children. Check with your local library to see if there is a time you and your child can get moving!

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