This Week’s Movement Group Theme: 
Friendship & Cooperation

Today we practiced working together as partners and learned about differences among people. We started by singing a familiar song called “The More We Get Together” (see below) and then we partnered up and rocked back and forth (in a Row Your Boat fashion) in order to strengthen our bellies. Next, we took turns pushing each other in a box. After, we each selected pieces of Mat Man (a shape-based figure that is part of the Handwriting Without Tears program) and walked on the balance beam to put him together. It was great to work as a team!

To practice at home we can:

❖ Sing “The More We Get Together”
  The more we get together, together, together
  The more we get together, the happier we’ll be.
  For your friends are my friends and my friends are your friends.
  The more we get together the happier we’ll be.

❖ Talk about ways people are different (for instance, eye, hair, skin color) and what makes us all alike.

❖ Fingerpaint! Have mom, dad, sister, brother, aunt, grandparents, or anyone else dip their finger in paint and make a fingerprint. Compare fingerprints and see how they differ!

❖ Make a friendship fruit salad! Everyone in your house gets his or her favorite fruit and combines it into a large bowl one by one. Discuss the meaning of everything (and everyone) uniting!