

# Movement Lab News

May 2026

## Stock Rocks!

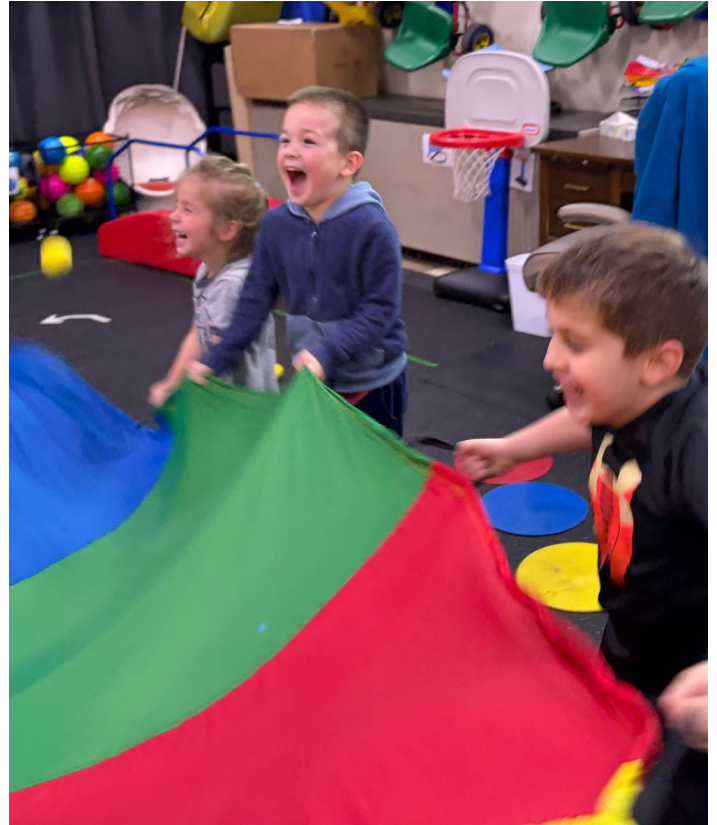
Hello Parents,

It's been a high energy month in the movement lab as our little movers explore all the ways their bodies can travel, balance, and play!

Your children played a couple of competitive team games this month. It can be so difficult for little learners to play a game where they might not win! It's important to practice how to handle disappointment, even at this early age. We had some great discussions about sportsmanship. When a game doesn't go our child's way, we can empathize with their feelings of sadness, while also reminding them that we can have fun and try again next time. The students also learned how to be graceful winners who do not brag or tease. We always end a competitive sport by saying, "Good game" to our classmates. See if your child can practice sportsmanship when playing games at home!

Finally, we used some classic songs like "Take Me Out to the Ball Game" and "The Itsy Bitsy Spider" to practice our ball handling and listening skills. We also traveled in different ways along with a song called "You Walk, and You Walk, and You Walk, and You Stop." It was such a challenge to demonstrate self control and freeze along with the song! Music is an excellent tool to engage with movement in a fun way!

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## Parachute Popcorn

This month, we brought back everyone's favorite physical education tool-- the parachute! The parachute gives us an opportunity to work on our teamwork skills. We can only move the parachute in interesting ways if everybody works together.

We made our parachute more exciting by putting balls on top. When we shook the parachute, the balls bounced like popcorn! We played a game where half of the class shook the parachute, trying to knock the balls off, while the other half of the class chased after the balls and threw them back on the parachute.

## Zookeeper

We know that playing pretend has so many benefits for our little learners. We played a game called "Zookeeper" where students pretended to be various zoo animals who had escaped from their habitats. A few students were the zookeepers and had to tag students to return them to their habitat.

Pretending to be animals encourages students to move their bodies in unique ways. We hopped like kangaroos, galloped like zebras, crawled like bears, and more! Can your child show you how to move like one of their favorite animals?



## Fancy Feet

This month, we began an exploration of kicking. We learned how to step forward with one foot and swing the other foot like a pendulum to strike the ball.

Our full day classes broke down how to dribble kick by kicking a box along a line on the floor. Once we were comfortable with an object that didn't roll away from us, we moved on to dribble kicking balls.

I know that the idea of practicing kicking at home with your child may seem daunting and risky! You can safely kick rolled up socks, soft toys, balloons, or wads of paper inside your home. To practice kicking for accuracy, try standing with your feet wide apart, and inviting your child to kick something under your legs. On a nice day, you can go outside to roll a ball to your child and have them kick it back to you.

Kicking can be challenging for preschoolers, as they have to coordinate moving their legs while balancing. Celebrate small wins and reassure your child when it gets tough!



## Yoga Stories

Yoga is a wonderful way for young children to build strength, balance, and flexibility while also learning important skills like focus and relaxation. We slowed things down by doing yoga along with one of our favorite stories, "The Very Hungry Caterpillar," by Eric Carle.

As we read the story together, we held yoga poses that went along with the action. Can your child show you any of the following poses?

- Egg pose
- Caterpillar pose
- Apple pose
- Pear pose
- Plum pose
- Strawberry pose
- Orange pose
- Tree pose
- Butterfly pose

We used our imagination to visualize what we might see as a butterfly flying over our homes and Stock School. Visualizing builds creativity and an ability to understand the world beyond what we can see, laying the foundation for critical thinking.



## Home Activities

If you would like to try some yoga with your child at home, I highly suggest checking out Cosmic Kids Yoga on YouTube. There are yoga videos based around every theme you could imagine-- Spiderman, Moana, dinosaurs, you name it! Your child will definitely find something that caters to their interests!

I also recommend the book, "My Daddy is a Pretzel" by Baron Baptiste. This story teaches a variety of kid-friendly yoga poses, and shows how yoga connects to everyday life.





