



# Move-A-Thon

# On Friday, May 8, my school is having a Move-A-Thon

A Move-A-Thon is an event the parents have organized to help make money for the school while the kids can have fun.



On Move-A-Thon day, each grade will have a special time they will all go to the Upper Uppers. My teacher will tell me when it is time to go up with my class, and pass out name tags for all the students to wear. I will bring my water bottle. If I like to wear ear defenders sometimes, I will bring those too.

When my class gets to the Upper Uppers, I will put my water bottle at the water bottle station and get ready to listen to Cheryl in the dragon hat give us instructions for the activities.

The playground equipment will be closed for this event. I might feel disappointed not to play on the playground, but I will listen to what other fun things I can do at Move-A-Thon.

Other classes in my grade will also be at the Upper Uppers, as well as other adult volunteers there to help us have a good time. Some students' family members will be there to cheer on students, but not everyone's will.





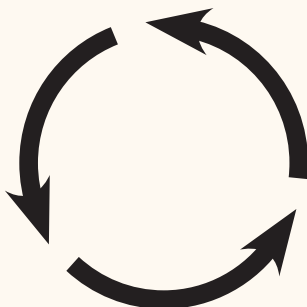
While Cheryl is talking, it is important for me to listen to the instructions and let my classmates also hear the instructions. I will save comments and questions until Cheryl is done explaining. When she is done, I can ask my teacher or any adult my questions.

In the field, I will see a big circle made with brightly colored plastic ribbon on sticks. Around the circle will be 4 different activity stations. Cheryl in the dragon hat will tell us what direction to move between the stations.



I can choose:

- To run or walk laps all the way around the circle.
- To stay at a particular station for as long as I like.
- To move station to station.
- To skip stations.
- To go to the Quiet Zone a little ways away from the big circle.



I will always move in the one direction around the circle that Cheryl showed us. If I forget which direction to go, I can look at what the other students are doing or ask an adult.

## Bubble Station



At the Bubble Station, I can play with bubbles. There will be a machine blowing bubbles. I can play with the bubbles by popping or chasing them, but I will not touch the bubble machine. There will also be bubble toys with which I can blow bubbles. The bubble toys are for everyone to share and I will take turns using them. If I don't want to wait for my turn with a bubble toy, I can move to a different station.

## Obstacle Course Station

The Obstacle Course will have different ways to move my body, like jump between hula hoops, or balance on something.



## Costume Station

The Costume Station will have bins of costumes, hats, accessories, or disguises for everyone to share. I can put on a costume and take a lap around the circle, then leave it back in the costume bin for another student to use. We will take turns with the costumes.



## Music Station

The Music Station will have a speaker playing music chosen by the adults. I can just listen or dance or move my body how I like. If I don't like the music, I can go to a different station.



## Quiet Zone

This will be an area further away from the music to find a quiet way to move my body or rest. Another parent may be in the quiet zone to lead a small group movement game. I can choose to play the game or I can just take my own break.



I can always ask a teacher for help.

If I get thirsty, I can go drink water at the water station any time.

If I get tired, I can go take a break in the shade.

If it is too noisy, I can wear ear defenders or move to the quiet zone.

If I need to use the bathroom, I can tell a teacher.

