



WHAT'S GOING ON AT THE PARK?

Today we are going to go to the park!

It is a beautiful, sunny day so let's ride our bikes to the park. Before we go to the park, we need to get our picnic basket, kite, ball, and Frisbee and put them in our backpack. *(gathering and packing motion)* Before we get on our bikes, we need to put on our bike helmet. Tighten the strap so the helmet doesn't fall off! *(put on helmet and tighten)*

Now we are ready to go! Let's get on our bike and peddle as fast as we can. Remember to stay on the sidewalk and look both ways before crossing the road. *(walk in place to resemble peddling, steer bike, look left and right)*

Wow, the wind is really blowing and moving the trees side to side. Can you move like the trees? Sway back and forth. *(move like trees in the wind from side to side!)*

Here we are at the park. Let's put our bike in the bike rack and get our things out of our backpack. *(place bike in rack, lift items out of back pack)*

First, let's fly our kite. Hold the strings, let them out slowly so it will go higher and higher. *(guide string)* Wow, the kite is dancing in the wind. Can you pretend to be the kite? *(move like a kite in the wind)*

Over on the playground, kids are playing kick ball. They are waving us over to play. *(waving)* Let's go! Wait for the ball to be pitched. Here it comes! Kick it and run around the bases. Yeah...a homerun! *(kick and run in place)*

Let's play Frisbee. Throw the Frisbee back and forth. Try not to drop it! *(throw and catch)*



Is anybody hungry? Let's eat. *(rub your stomach in a circular motion)* What's in our picnic basket? We have peanut butter and banana sandwiches, carrot sticks, cucumber slices, ginger snaps, and orange juice. I think we should try some of everything! *(eating and chewing)*

Look over there...playground equipment. There is a big, curvy slide. Let's climb up the ladder *(climb ladder)* and slide down. *(sway)* Wow, that is fun! *(throw arms in air)*

What a fun day at the park! It's time to go home. *(wave goodbye to our friends)* Let's gather all our things, place them in our backpack, *(unzip backpack and place things inside)* put on our bike helmet, and peddle home. *(put on helmet and tighten; walk in place to resemble peddling, steer bike)* Let's do this again next week!