

Monster, May I?

This silly variation on the old-fashioned game “Mother, May I” is a great way to practice the locomotor skills learned in the Pre-K EZ Activity #3.

Materials:

Monster costume accessories (silly, not scary!) — for example, a hat with googly eyes or monster horns — that’s easy to take on and off.

Assume the role of Monster yourself for the first round, to show how it’s done. Have the children line up 10–15 feet away, facing you.

Now give instructions for movements, taking care to balance the different types of locomotor movements.

“Take 8 monster steps.”

“Take 7 lizard leaps.”

“Take 6 dinosaur stomps.”

“Take 5 bunny hops.”

“Take 4 baby steps backward.”

“Slide to the side 3 times.”

“Buzz like a bee around in a circle 2 times.”

Before following the instructions, the child must ask, “Monster, may I?”

Monster responds with, “Yes, you may” and then the child follows the steps.

If a child forgets to ask, “Monster, may I?” he or she goes back to the starting line.

Play again and again and make up new moves as you go along. Be sure to ask your preschoolers for suggestions!