

Take Five!

Have five minutes to spare while transitioning between activities? Are preschoolers feeling antsy or looking like they need a pick-me-up? Tell them it's a good time to "Take Five!" Now lead them through 5 repetitions of some quick activities like:

- 5 Jumping Jacks
- 5 Toe Touches
- 5 Squats
- 5 Hops
- Reach to the sky 5 times!

Have them count along as they do these and then repeat! Or let them choose to run in place for the remainder of the 5 minutes.