

## **Family Activity**

### **SILLY BASKET**

A fun activity to stay active inside during the cold months (from the Bright and Beyond Preschool Playtime Activities Deck). Cut out these actions, fold them, and place them in a small basket or bowl. Let your child select one, then read it to her and let her be silly! Then, she can choose again. Courtesy of Pal Toys – [www.brightandbeyond.org](http://www.brightandbeyond.org) - Permission granted by copyright holder to reproduce/forward in this form.

Wiggle and Jiggle!  
Count to 10 as fast as you can!  
Stand on one foot for as long as you can!  
Hop like a frog and say “Ribbit!”  
Say the alphabet or sing the alphabet song!  
Touch your ears, then touch your knees!  
Hold up three fingers on one hand and two fingers on the other!  
Pretend you are talking to someone on the phone!  
Give someone a “high five!”  
Name three colors!  
Jump as high as you can!  
Walk on your heels across the room!  
Sing a silly song!  
Pat your tummy like a drum!  
Name three animals you can see at the zoo!  
Say what you had for breakfast today!  
Fly around the room like an airplane!  
Bark like an angry dog, then bark like a happy dog!  
Name someone you love!  
Make believe you are throwing a ball in the air and catching it!  
Lie down on the floor and pretend you are asleep!  
Say what you see out the window!  
Name a book you like!  
Close your eyes and try to touch your pointer fingers together!

Additional items from the flash cards:

Tell a joke!  
Touch your ears, then your knees, then your ankles. Repeat three times fast!  
Say something nice to your neighbor!  
Tell what you want to be when you grow up!  
Shake hands with someone!  
Tell where you would want to go on vacation!  
Tell your neighbor something nice about someone else!  
Give a gentle friendly hug!