

### Go Bananas!

*To the tune of "George of the Jungle"  
Begin by standing straight with arms down*

**Form, form, form, form banana**

*Slowly raise one arm up over head*

**Form, form, form, form banana**

*Slowly raise other arm up over head*

**Peel, peel, peel, peel banana**

*Slowly lower first arm down to side*

**Peel, peel, peel, peel banana**

*Slowly lower other arm down to side*

**Go, go, go, go bananas!**

*Do a crazy dance*

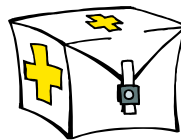
**Banana Split!**

*Jump and land with feet apart*



### Cabin Fever Relievers

Keep this list handy. When your children are bouncing off the walls, they are telling you they are craving more sensory input. Here are some ideas on how to provide some- indoors....



- Tug of War
- Jumping on a mat, trampoline or old mattress
- Brushing the dog (this may also involve a game of chase)
- Hide and seek
- Pretending to be animals- crawling, flying, rolling, galloping, etc.
- Spinning around and around- in an office chair, or hold your child's arm, lifting them up and spinning like an airplane.
- Wheelbarrow walking

### Winter Green Thumb



You don't have to wait until spring to watch a seed sprout and grow. Children may enjoy having an open-ended sensory experience-playing with potting soil, filling and emptying their pot with soil. When they have had enough time playing, fill a pot up with soil and let your child help bury some seeds and sprinkle soil over them. Pots can be made from large, empty yogurt containers that have holes poked in the bottom for drainage. The lid can then be used as the drainage tray. Children can mark or decorate labels to identify what is growing in the pot. Use a piece of paper folded over a toothpick or straw. Place in a warm, sunny window and watch them grow!

Plant herbs such as basil, parsley or chives. If you have cats, wheat grass (cat grass- in the cat toy aisle) is a fun treat for the feline members of your family.

- Have laundry basket races, filled with books or other heavy items.
- Make your child into a sandwich, burrito or hot dog by placing heavy blanket over them or wrapping them tight in a blanket- this is very calming.
- Good old-fashioned help with housework
- Turn on some music and dance!