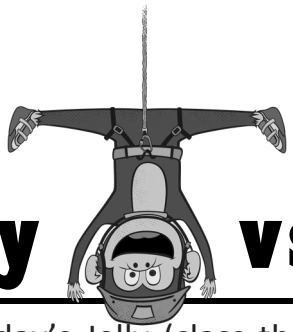
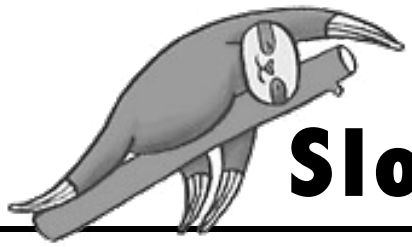
Monkey  vs  Sloth Jelly

Today's Jelly (class theme) is Monkey vs Sloth. In swimming we'll learn to scull/tread like a sloth and sprint like a monkey. In climbing & yoga we'll learn about dynamic/static movement. You can read more about the current Jelly at *www.pbjellyfish.com/jelly*.

Today In YOGA I Practiced:

Adho Mukha Svanasana
Downward Facing Dog

Utthita Trikonasana
Extended Triangle

Prasarita Padottanasana
Wide-Legged Forward Bend

Malasana
Squat

Mandukasana
Frog

Static Poses – When I stretch like a sloth I hold each pose and focus on my breath for 4 inhales & 4 exhales.
Dynamic Poses – The monkey in me likes to get my heart rate up by jumping from one pose to the next!

Books & Songs:

- **Yoga Clock & Rub Your Hands** Songs by Karma Kids
- **Namaste** Song by Kira Willey
- **No More Monkeys** Song by Asheba
- ***Hug*** by Jez Alborough
- ***Swing Like a Monkey*** Book by Harriet Ziefert
- ***The Quiet Book, The Loud Book*** by Deborah Underwood

5 Little Sloths:

Five little sloths snoozing in the trees.
One lost his grip and bumped his knees
Mama said, "a tree's no place to catch your zzzzz's
Let's find a cozy bed for my sloth babies.

All the little sloths have climbed down down from the trees
Each one has a cozy bed for catching zzz's
Mama said sleep well if you please.
I'll see you in the morning my sweet babies

Monkey See, Monkey Do:

The monkey clap clap claps his hands
The monkey clap clap claps his hands
Monkey see, and monkey do
The monkey does the same as you!

Replace "clap" with: jump, run, crawl, swing in trees, say "oo oo ah ah", spin, etc.

Today In CLIMBING I Practiced:

Jug Hold– A big mama jug is easy to hold and I can fit my whole hand inside!
Crimp Hold- A little baby crimper is teensy & tricky. Only my tiptoes or fingertips can fit.
Static Movement- Quiet, careful stretchy, slow like a sloth.
Dynamic Movement- Big, loud, swinging, jumping monkey moves!!!

Today In SWIMMING I Practiced:

Swimming Arms- I can use my hands to push the water away. I can swim on top of the water or dive down to get toys.

***Child-centered learning. Your class may not practice every listed skill.**