

Let's Go Climbing!

Materials Needed:

- Sturdy furniture (like a couch, ottoman, or low, stable chair - with supervision!)
- Pillows or cushions
- A small step stool (optional, with supervision)
- Soft landing area (carpet, rug, or mat)
- Your amazing climbing body!

Warm-up (5 minutes)

Let's get our bodies ready! March like a monkey around the room. Reach your arms up high like you're climbing a tall tree. Touch your toes like you're reaching for a low branch. Do some big arm circles forward and backward.

Activity 1: Pillow Mountain (10 minutes)

Let's build a small mountain! Pile up some pillows or cushions on the floor in your soft landing area. Now, carefully crawl or step up onto your pillow mountain. Can you balance on top? Try climbing over it! How does it feel to go up and down?

Activity 2: Furniture Safari (10 minutes)

Important: Ask your grown-up for help and make sure they watch you closely for safety!

Let's pretend the furniture is part of a jungle gym! With your grown-up's help:

1. Can you carefully climb **onto** the sturdy couch or ottoman? Use your arms and legs!
2. Can you slowly climb **off** the couch? Try going feet first.
3. If you have a sturdy, low chair or step stool, practice stepping **up** and **down** carefully.

Remember to move slowly and safely. Your grown-up is there to help!

Activity 3: Reach for the Sky (5 minutes)

Stand near a wall (but don't climb it!). Pretend you are climbing a very tall ladder. Reach one arm up high, then the other. Lift one knee high, then the other. Keep reaching and stepping in place like a climber!

Cool-down (5 minutes)

Great climbing! Let's cool down. Sit on the floor and reach for your toes gently. Take slow, deep breaths. Shake your arms and legs out softly. Give yourself a big hug for being such a great climber!