

Materials Needed:

- Sponges (dry or slightly damp)
- Soft cloths or rags
- Lightweight buckets or baskets
- Optional: Child-sized broom or mop (or pretend ones)
- Optional: Upbeat music
- Optional: Small, soft items to represent 'dust bunnies' (like cotton balls or pom-poms)

Lesson Activities:

Warm-up: Cleaning Stretches (5 mins)

Let's pretend we're getting ready to clean!

- **Wipe High:** Reach up high like you're wiping the tallest shelf. Stretch both arms!
- **Scrub Low:** Bend your knees and pretend to scrub the floor in circles. Keep your back straight!
- **Sweep Side-to-Side:** Stand with feet apart and twist your body gently side to side, like you're sweeping.
- **Dusting Wiggles:** Wiggle your fingers, hands, arms, and whole body like you're shaking out a dusty rag!

Main Activity: Clean-Up Obstacle Course! (15-20 mins)

Set up simple stations around the room or outdoors. Play some fun music!

1. **Sponge Squeeze Run:** Place a bucket at one end and a slightly damp sponge at the other. Run to the sponge, pick it up, run back to the bucket, and squeeze the sponge over the bucket. Repeat 3 times. (Focuses on running and hand strength).
2. **Dust Bunny Hop:** Scatter some 'dust bunnies' (cotton balls/pom-poms) on the floor. Hop or jump over them without squishing them to get to the next station. (Focuses on jumping and coordination).
3. **Window Wipe Waves:** Stand in one spot and make big circles with both arms, pretending to wash a giant window. Do 10 big circles forward and 10 backward. (Focuses on arm movements and coordination).
4. **Mop/Broom Slide (or Walk):** If you have a child-safe mop/broom, pretend to mop or sweep across a designated area. If not, just slide your feet across the floor like you're gliding on a freshly mopped surface. (Focuses on balance and leg movement).
5. **Tidy Up Toss:** Place a basket or bucket a short distance away. Gather the 'dust bunnies' or other soft items used and practice tossing them into the basket. (Focuses on hand-eye coordination).

Go through the course 2-3 times, cheering and encouraging movement!

Cool-down: Slow-Motion Tidy (5 mins)

Time to slow down. Let's do some slow-motion cleaning.

- **Slow Wipes:** Slowly reach up high and wipe, then slowly reach down low and wipe. Take deep breaths.
- **Gentle Sweeps:** Gently sway side to side like a slow sweep.
- **Put Away Power:** Help put away the sponges, cloths, and buckets slowly and carefully.

Well done, Clean Up Crew! You worked your muscles and helped make everything tidy!