

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

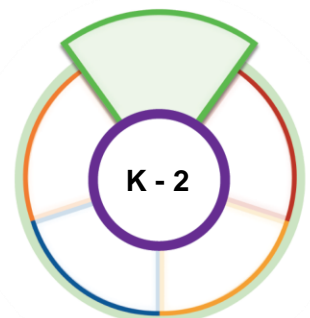
- [Online storybook](#) for Murray & Bird: Murray's Outdoor Adventure
- [Fuzzy Little Caterpillar Movement Activity](#)
- [Outdoor Obstacle Course](#)

Fun Movement Activities for Students

ACTIVITY GOAL: To reduce sedentary behaviour by incorporating movement into learning and storytime.

ACTIVITY INSTRUCTIONS:

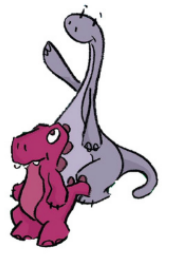
1. Visit the [Middlesex-London Health Unit website](#) to download a copy of Murray & Bird: Murray's Outdoor Adventure storybook.
2. Read the book for the class.
3. Incorporate movement into your storytime with some of the examples below:
 - a. [Fuzzy Little Caterpillar Movement Activity](#)
 - b. [Outdoor Obstacle Course](#)





Fuzzy Little Caterpillar

A fun movement activity for students



Activity Instructions:

1. Explain to students that they will be acting out the stages of the butterfly life cycle illustrated in the Murray & Bird: Murray's Outdoor Adventure storybook using movement.
2. Have students spread out in the classroom or outside. Begin by sitting on the ground, curling legs up close to the body to look like a caterpillar egg.
3. Have students move along to the educator prompts below (song can be sung to the tune of *I'm a Little Teapot*):

Stage 1: Egg



Educator says: "The caterpillar egg sits completely still on a leaf. Then, the egg begins to shake. The caterpillar is about to hatch!"

While curled up like an egg, start rocking side-to-side

Educator sings: "Little fuzzy caterpillar, your time has finally come. Hatch from your egg, let's see what you become!"

Stage 2: Caterpillar



Educator says: "The caterpillar hatches and comes out of it's egg!"

Untuck your legs and arms and start crawling like a caterpillar

Educator sings: "Little fuzzy caterpillar crawling all around. Look at you go as you move around"

Stage 3: Chrysalis or pupa (cocoon)



Educator says: "It's time for the caterpillar to start making their cocoon"

Stand up and spin in circles and then stand still

Educator sings: "Little fuzzy caterpillar in your warm cocoon. Spin yourself a blanket, you will wake up soon"

Stage 4: Butterfly



Educator says: "The caterpillar comes out of its cocoon"

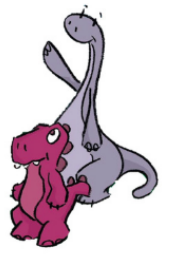
Spread your arms and pretend to fly like a butterfly

Educator sings: "Little fuzzy caterpillar it's time for you to fly. Look, you have two wings. You're a butterfly!"



Outdoor Obstacle Course

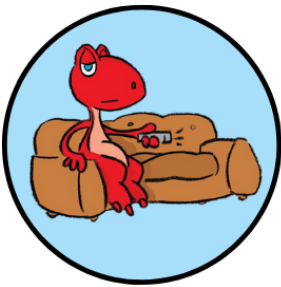
A fun movement activity for students



Activity Instructions:

1. Have students collect items around the school and schoolyard to recreate the different scenes from Murray's Outdoor Adventure storybook.
2. Set up the different scenes around the schoolyard in the form of an obstacle course.
3. Students can take turns going through the obstacles.

Examples of scenes from Murray's Outdoor Adventure storybook:



Murray watches TV



**Murray's friends
get loud**



**Murray splashes
in puddles**



**Murray walks
across logs**



**Murray runs
up a hill**



**Murray climbs
a tree**



**Murray finds
a caterpillar**



**Murray finds
a butterfly**