

Jack Be Nimble – Gross Motor

This activity will burn some energy and help develop gross motor skills!

Materials needed: Draw a candle stick or use the candle stick below or use a real candle (just don't light it 😊).

Say the nursery rhyme with your child:

“Jack be nimble, Jack be quick, Jack jumped over the candle stick.”

When the rhyme says, your child should jump over the candle stick.

Additional Ideas:

Run to the candle stick and then jump over. (Jack be quick!)

Skip to the candle stick and then jump over.

Gallop to the candle stick and then jump over.

Choose a partner, hold hands, jump over the candle stick together.



Nursery Rhyme – Yoga

- Feel free to adapt or change the yoga poses to suit your needs.
- Focus on having fun with movement, not on practicing perfectly aligned poses.
- Be creative and enjoy yourselves, please be safe.
- Wear comfortable clothing and practice barefoot.

Boat Pose – Row, Row, Row Your Boat

(Balance on your buttocks with your legs up. Then rock in the water like a boat.)

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.



Jack be nimble,
Jack be quick,
Jack jump over
The candlestick!

Candle Pose – Jack Be Nimble, Jack be Quick

(Lie on your back with your knees bent, feet flat on the floor, arms resting alongside your body, and chin tucked in. On an exhale, push your palms down and lift your legs straight up, making an L shape with your body. Stay in this position or squeeze your belly and raise your hips. Then, bend your elbows and place your palms on your lower back for a half shoulder stand. Pretend your feet are the flickering flames and your legs are the candlestick.)

Moon Pose – Hey Diddle Diddle

(From Mountain Pose, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. You are the moon shining in the sky.)

Hey, diddle, diddle,
The cat and the fiddle,
The cow jumped over the moon.
The little dog laughed to see such fun.
And the dish ran away with the spoon!



Humpty Dumpty sat on the wall.
Humpty Dumpty had a great fall!
All the king's horses and all the king's men,
Could not put Humpty together again.

Happy Baby Pose – Humpty Dumpty

(Lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer part of your feet both of your hands, and rock like an egg about to fall from on top of a wall.)

Cat Pose – Mary Had a Little Lamb

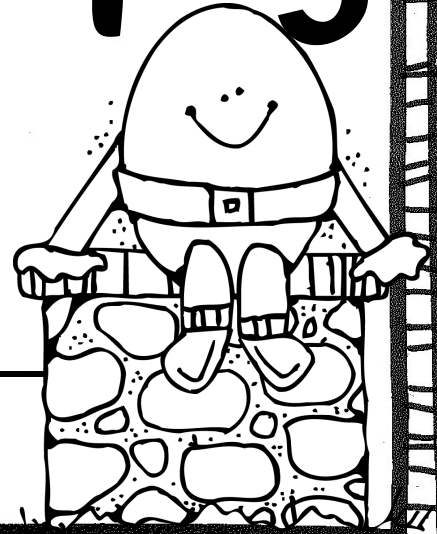
(Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a lamb.)

Mary had a little lamb,
Its fleece was white as snow,
And everywhere that Mary went
The lamb was sure to go;
He followed her to school one day—
That was against the rule,
It made the children laugh and play,
To see a lamb at school.



Humpty Dumpty

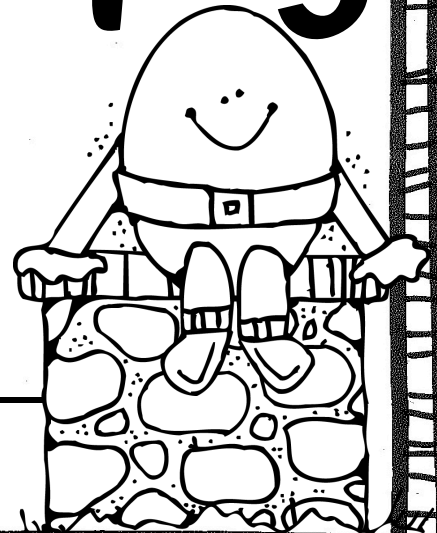
by: _____



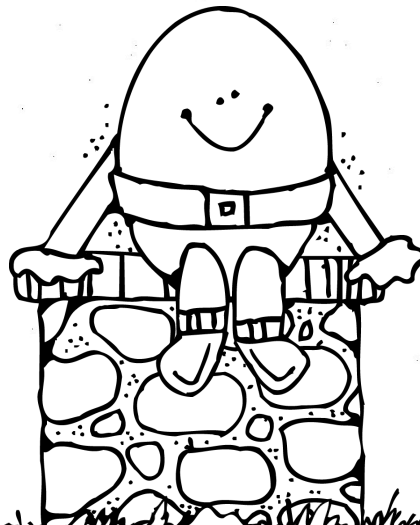
© 2010 by [unintelligible]

Humpty Dumpty

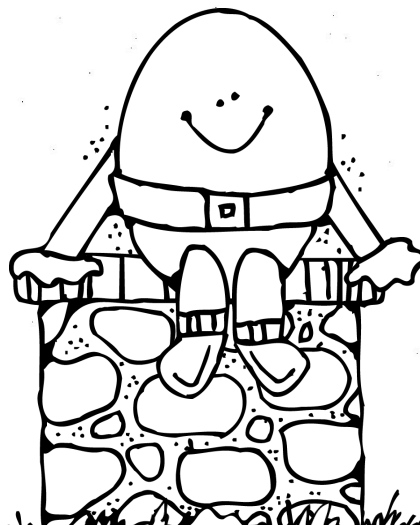
by: _____



© 2010 by [unintelligible]

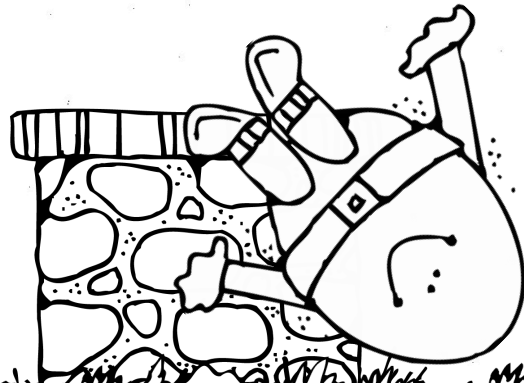


Humpty Dumpty sat on a wall,

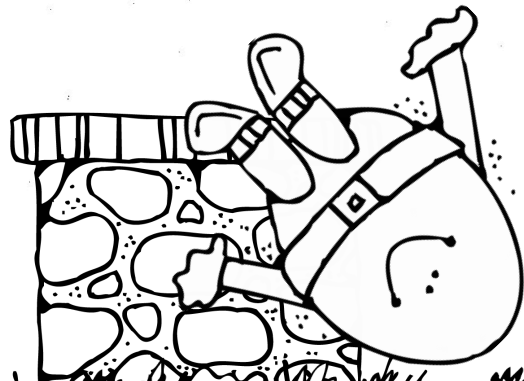


Humpty Dumpty sat on a wall,



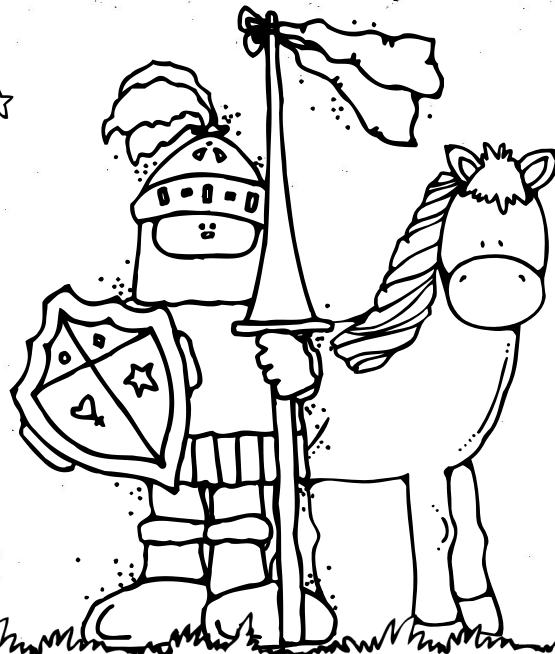


Humpty Dumpty had a great fall!

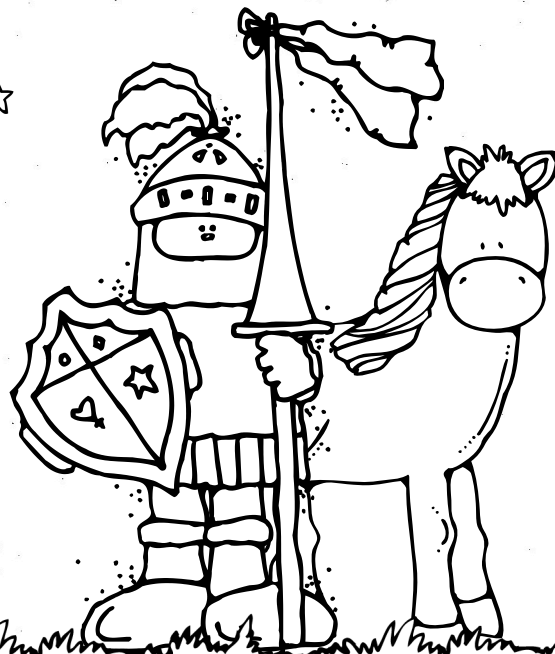


Humpty Dumpty had a great fall!



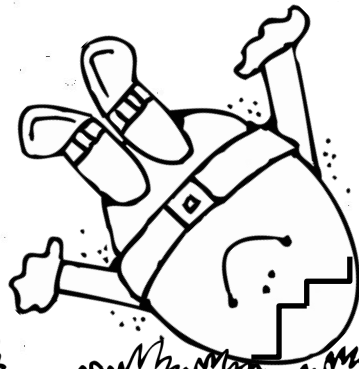


All the kings horses and all the kings men,

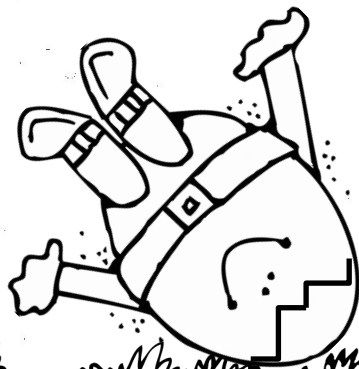


All the kings horses and all the kings men,





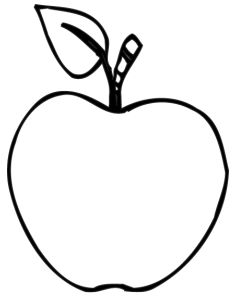
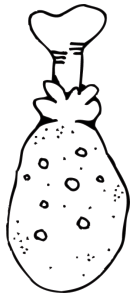
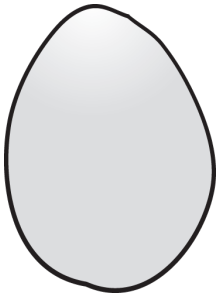
Couldn't put Humpty together again!



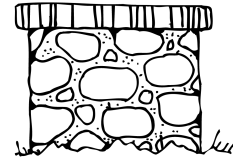
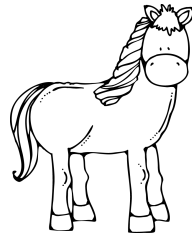
Couldn't put Humpty together again!



1. What is Humpty?



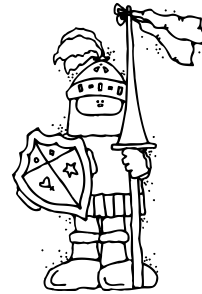
2. Where is Humpty sitting?



3. What happens to Humpty?

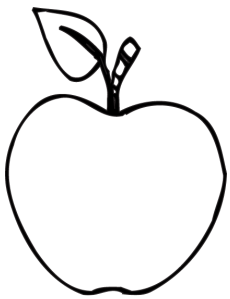
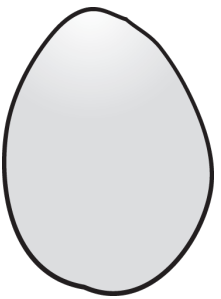
He runs. He jumps. He falls.

4. Who tried to put Humpty together again?

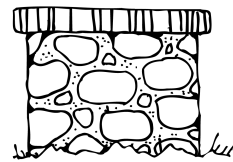
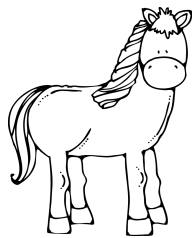


R. J. J. J.

1. What is Humpty?



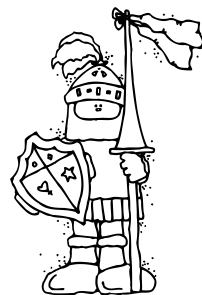
2. Where is Humpty sitting?



3. What happens to Humpty?

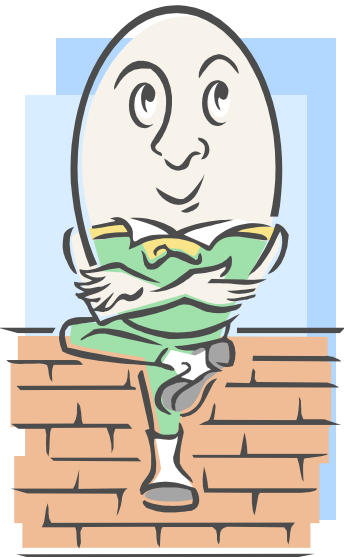
He runs. He jumps. He falls.

4. Who tried to put Humpty together again?



R. J. J. J.

Humpty Dumpty

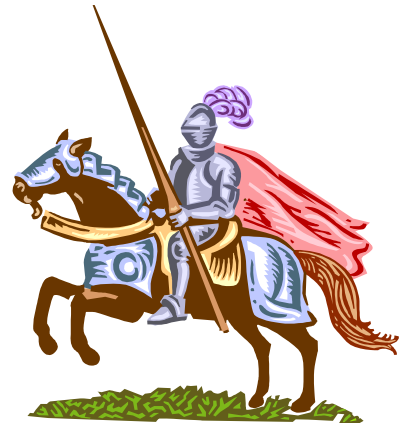
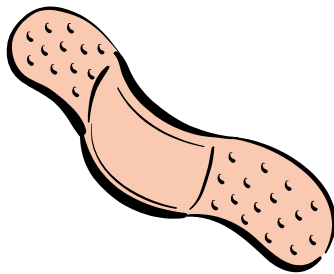


Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall,



All the king's horses and all the king's men,



Couldn't put Humpty together again.