



I Can Do It

Young children love showing what they can do! Come up with different moves or tasks for the children to try. As they try them out, acknowledge their efforts. Then give them the opportunity to create their own moves to share with the class.

For example:

- ◆ Yoga poses
- ◆ Pat their head and their belly
- ◆ Winking
- ◆ Or any other fun moves/tasks you can come up with!

Acknowledge Effort

“That yoga pose is hard when you have to twist your body like that. But you kept trying!”

“Wow! You showed us that you could wink with one eye. That is hard to do! I saw you practicing until you could do it!”