Crossing My Feet

Pre-K Standards:

Physical Development: 1.PK.1, 3.PK.1, 3.PK.2
Creative Expression/Visual Arts: 2.PK.4
Social Studies/Geography: G5.PK.1

Instructions:

1. Place colored sticky notes in the following pattern: Blue, Red, Blue.
2. Place right foot on Blue sticky note, cross left foot on Red making an X with the legs.
3. Repeat the pattern several times.
4. Have child(ren) move all the way to the right and then return moving all the way back

Skills:

- Crossing the midline

Variation: Add music or a timer

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