



## 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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