

liveArgyll Transition Activities – Week 11!

Resources Needed

- ✓ Loose fitting / flexible clothing.
- ✓ Space to move around
- ✓ The Book OR story online
<https://www.youtube.com/watch?v=DSaDFVkkP0w>

Activity

- Read or listen to the Julia Donaldson story 'Superworm' in full.
- Watch our friend Mahailia use Yoga positions and challenge the children to follow the movements.
<https://youtu.be/al5Exbm1buw>
- Ask the children who their Super Hero is – dress up and send us your photos.

Example Actions

- Wriggle like a worm
- Complete the Yoga positions
- Dress up like your Super Hero

