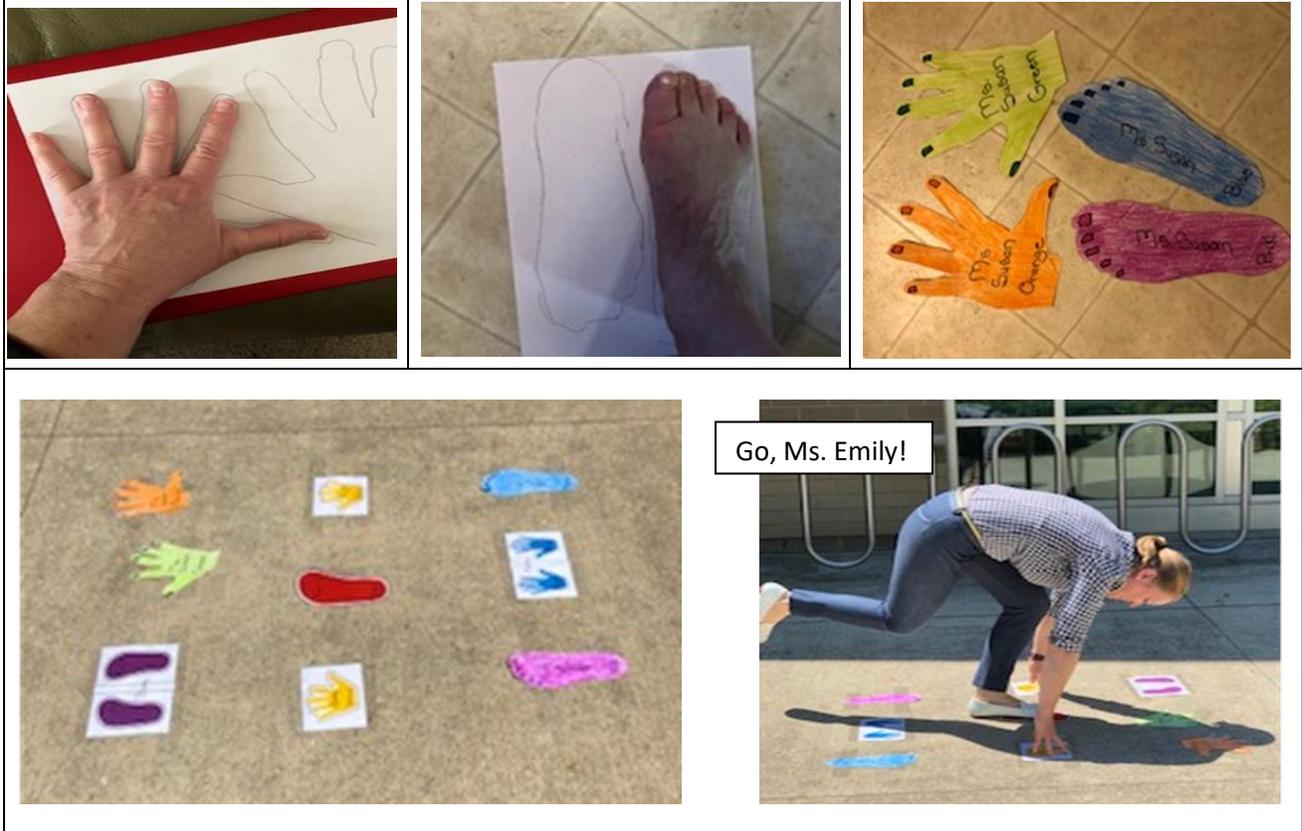


This is Ms. Susan from the Shorewood Public Library. I hope you were all able to get outside this week and enjoy all the sunshine. Maybe you hung up your honeycomb to attract all the bees in the neighborhood. Today, we have a fun ArtCart at home project to get you moving and maybe even laughing too! It is similar to Hopscotch, but can be played indoors, too. You can do it to music or invite others to play along. I know you will be jumping for joy when you play Hand & Foot Hopscotch.



1-Begin by tracing both hands on paper. You can easily use any recycled paper, an envelope, the back of another paper or a paper bag.

2- Now you can trace both your feet. Color, decorate and cut out the patterns you have traced. For older children, write different words on each piece that will be called out when playing the game, like colors or names. You can have others in the house, trace their hands and feet. Or cut out multiple patterns. You will set up as many rows as you would like, but each row will have three of the pattern pieces. For safety, you can tape one of each pattern, hand or foot back on to a single sheet of paper.

3- Lay out the pattern pieces in rows of three across the floor or outside. You should tape the pieces in place, to prevent slipping. Mix the hands and feet, left and right, in each row. For younger children, you can keep two feet together and only change the position of the hands. Each player moves matching the correct hand or foot. Keep left foot on the left footprints, right hand on right hand print, and so on. You can time the players to see who is the fastest and gets the correct pattern without falling down. To make it more difficult, you can have the players say the word that is on the pattern. *Sometimes*, it is hard to move the mouth and other body parts at the same time. Let's getting hopping!

Be well! Ms. Susan