

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is.... Teddies

Saturday

Teddy Says....

- Instead of Simon says play teddy says...
- Crawl on your knees like a bear.
- Stand up as tall as a bear.
- Give yourself a bear hug.
- Pretend to climb a tree like a bear.
- Roll from side to side on your back.
- Bend down and touch your toes, like a bear catching a fish for his dinner.
- Stand up straight and then bend your knees up and down, like a bear scratching their back against a tree.
- Let your child have a turn giving instructions.

Have fun making up ways to move like a bear!