

# Counting And Movement For Kids Love You Bedtime Stories Children 18: Unlocking the Power of Active Learning

## The Magic of Counting and Movement for Kids

Every parent knows the struggle of getting their kids to bed. Some nights, it feels like a never-ending battle of negotiating, pleading, and ultimately bribing them to lie down and close their eyes. But what if we told you there's a fun and interactive way to make bedtime a breeze? It's called counting and movement for kids, and it's a game-changer for parents and children alike.

## Why Counting and Movement Matter

Counting and movement activities engage both the mind and body of children, making them an ideal tool for bedtime stories or any educational session. By encouraging kids to move around while learning, parents can tap into their natural energy and curiosity, promoting a better understanding and retention of information.

But that's not all! Counting and movement activities offer numerous benefits to children, including:



### One Blue Bear: A counting and movement book for kids (I Love You...Bedtime stories children's books 18) by Lisa Rusczyk(Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 2552 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 23 pages



- Improved cognitive development
- Enhanced problem-solving skills
- Increased physical fitness
- Heightened focus and attention span
- Boosted creativity

## Unlocking the Power of Active Learning

So, how can you incorporate counting and movement into bedtime stories for your little ones?

The key is to make learning an active and engaging experience. Here are a few ideas:

### 1. Counting Jumps

Choose a simple storybook that involves numbers or counting. For example, "Five Little Monkeys Jumping on the Bed." Encourage your child to jump, hop, or skip along with the story, counting each jump out loud. This not only reinforces numerical concepts but also helps them burn off excess energy before bedtime.

### 2. Alphabet Yoga

Combine learning the alphabet with simple yoga poses. While reciting the letters, guide your child through corresponding yoga poses starting with each letter. For instance, "A" could be for "Airplane Pose," "B" for "Butterfly Pose," and so on.

This activity not only promotes letter recognition but also enhances balance, flexibility, and body awareness.

### **3. Shape Treasure Hunt**

Create a treasure hunt based on geometric shapes. Hide various shape cutouts around the house or in your child's bedroom. Then, give them clues such as "Find the triangle under the bed" or "Look for the circle inside the bookshelf." As they search for the shapes, encourage them to identify and name each shape they find. This activity reinforces shape recognition skills while turning bedtime into an exciting adventure.

### **4. Storytelling Relay**

Turn storytime into a relay race! As you read a storybook together, take turns acting out different scenes. For example, each time a character jumps, your child has to jump up and down. When a character runs, they have to mimic running in place. Not only does this make the story come to life, but it also helps kids stay engaged and focused on the narrative.

## **How to Create an Engaging Bedtime Routine**

To make counting and movement a regular part of your child's bedtime routine, follow these tips:

### **1. Be consistent:**

Establish a fixed bedtime schedule and stick to it. Consistency helps children feel secure and promotes better sleep habits in the long run.

### **2. Set clear boundaries:**

Make it clear to your child that bedtime is not negotiable. Create a routine that includes counting and movement activities, so they know what to expect every

night.

### 3. Create a cozy environment:

Make their sleeping space comfortable and inviting. A calm and cozy environment helps children relax and transition into bedtime mode more easily.

### 4. Use technology wisely:

While it can be tempting to use screens to soothe children into sleep, it's best to limit screen time before bedtime. Instead, opt for interactive storytelling or audio books to engage their imagination.

Counting and movement for kids is a game-changer when it comes to bedtime routines. By incorporating active learning into the process, parents can make going to sleep an exciting and interactive experience. So the next time you find yourself struggling to get your child to bed, remember the power of counting and movement – it might just be the key to a peaceful night's sleep for both of you!

LISA RUSCZYK, ED. D.

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Children's Book: One Blue Bear

This is a read aloud kids book that is written in an easy to read style with 9 colorful illustrations and is ideal for children from preschool to little kids.

Clap once for blue bear. Clap.

Smile two times for two beautiful bunnies. Smile. Smile.

Pat your head three times for three cute cats. Pat. Pat. Pat.

How many animals can you count? Your little one will clap and dance along to this fun and engaging counting book with all of their furry and feathered animal friends! As they play along, they'll learn their numbers and different parts of their bodies, from their tummies to their toes! Make reading time fun with this playful book from the You Are Loved book series!

Read along as One Blue Bear is a beginner reader book that any child will enjoy, especially at bedtime.

Read this children's bedtime story FREE as part of your PRIME or Kindle Unlimited membership

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