



## **Get the Most Out of Get Up and Go!**

The 'Go! Exercise with the Teletubbies' content offers fun and challenging age-appropriate activities for children 2-4 years old.

- No special equipment is required, and even the youngest child can easily follow the directions.
- Children get the most benefit from these activities when adults join in.
- There is no right or wrong way to move - just have fun together and be safe!

The 'Go! Exercise with the Teletubbies' content can be employed in a number of ways.

Teachers and caregivers may wish to split the content into two parts, each approximately 12 minutes in length. Use it along with an appropriate activity to break up inactive times (i.e. after story-time, after rest-time, when coloring and cutting, etc.).