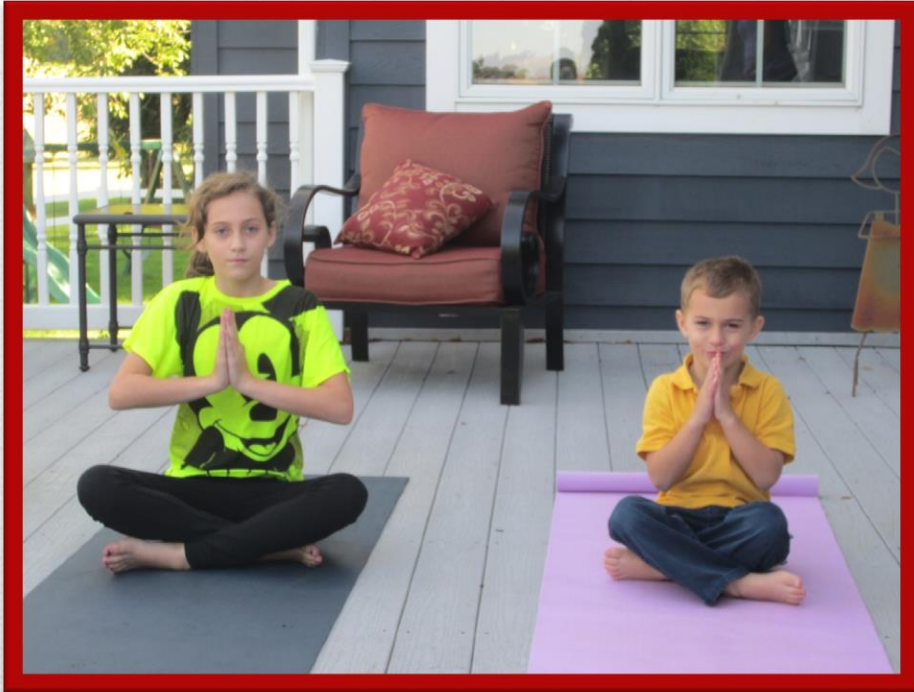


Transportation Jive



Smithsonian Institution
National Museum of American History
America on the Move



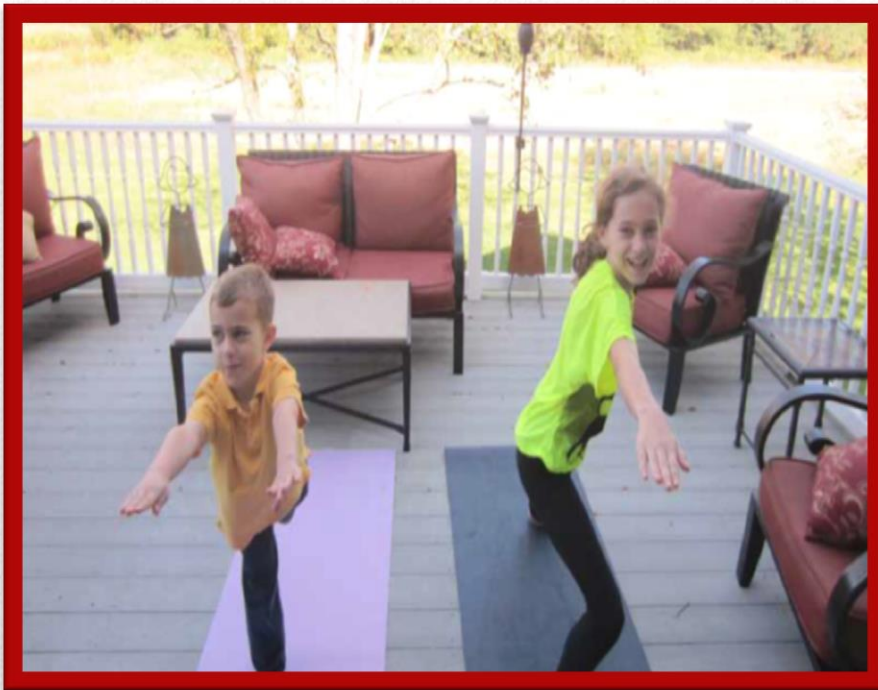
Easy Pose

Our journey across the United States starts in New York City!

Sit with legs Criss Cross.

Bring hands together up to your chest.

Take a deep breath in and out.



Explorer Pose

Before we begin let's take a look around. What do you see?

Bring right foot forward and bend front leg.

Bring your right arm in front of you and your left arm behind you.

Jump to switch legs (bring your left leg in front and right leg behind).



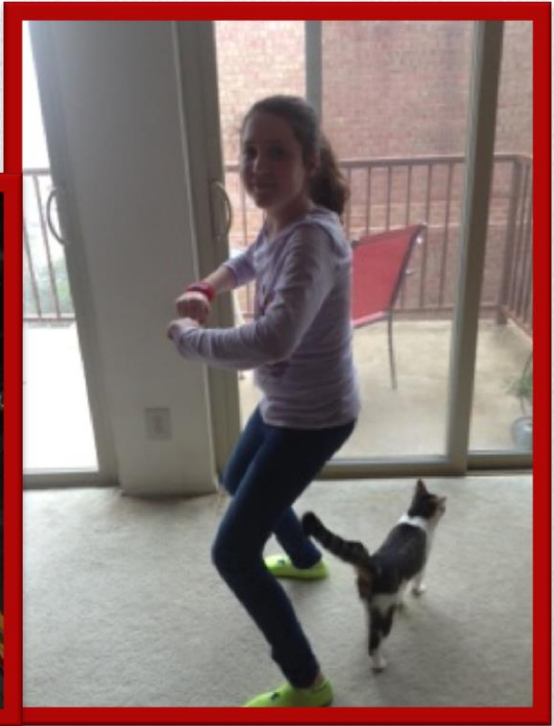
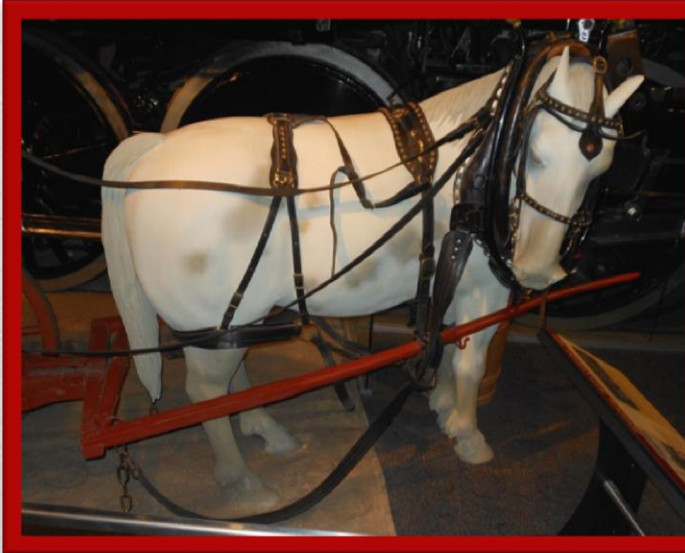
Marching

What are some ways we can travel?

Let's start with marching

Bring your knees up as high as you can!

Swing your arms back and forth



Galloping Horse

Many people travel on horse back!

Grab the horses reins by putting your arms out in front of you.

Let's gallop in a circle with our friends.



Getting into the Car

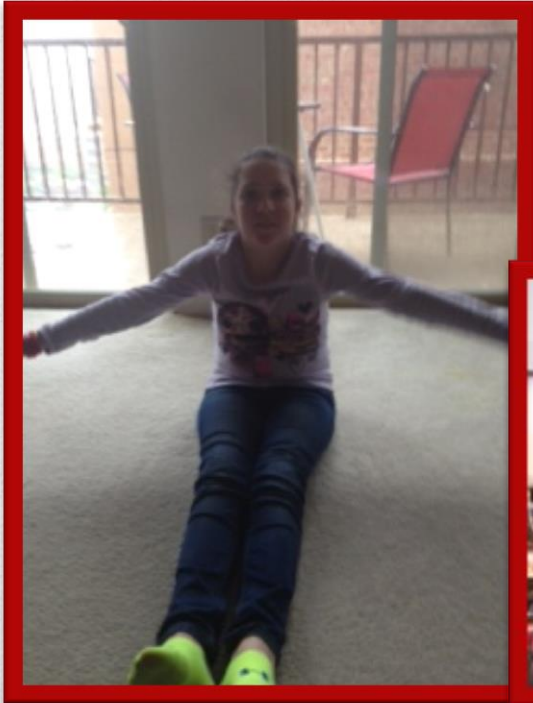
Let's try traveling by car.

Sit with legs straight out in front of you.

Remember to put on your seat belt!

Twist your body to the left.

Then twist your body to the right.



Roll Down the Window

You can't go on a road trip with the window up!
Let's roll these windows down to feel the wind
through our hair!

Bring your arms out to your side.

Make circles with arms.

Stop! Now go the other way.

Feel the wind through hair on the open road.



Let's Drive!

Turn the key to start your car.

Let's push down the gas pedal.

Point your right foot then flex it up.

Now try that with your left foot.



Don't Forget Bud!

Bud want to come on our trip on Route 66!

Let's stretch like Bud before our road trip!

Bring your arms down the mat in front of you.

Stick your bottoms in the air.

Take a deep breath in and out.



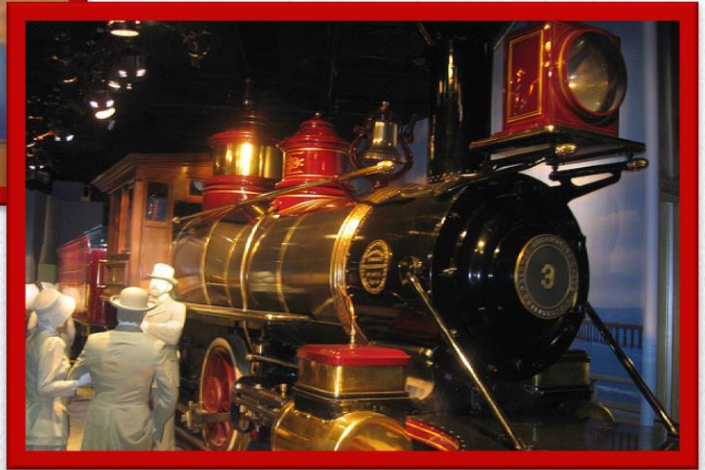
Airplane

Sounds like an airplane ready to take off.

Bring your arms out to your sides like wings.

Are you ready to take off?

Lift your left back leg up into the air.



Train

Grab a partner!

Sit across from each other

Put your feet together (You can also use your hands).

And move your legs in circles.

Make a train sound! Choo Choo!



Time to Relax

We made it to California! It's time for Bud and you to stretch out your bodies!

Sit back on feet and stretch your body.

Lay your belly on your knees and stretch your arms out in front of you.

Let your body rest and close our eyes.

Take a deep breath in and out.



Easy Pose

Let's relax our minds and bodies as we finish out trip across the U.S.

Sit with legs Criss Cross.

Bring hands together up to your chest.

Take a deep breath in and out.

Say, "Peace" to all your traveling friends.