

Groundhog Day Movement Story

KidsSoup Inc.

Wake Up the Groundhog

Say: "The groundhog is hibernating in its warm, cozy burrow. Let's curl up like groundhogs and pretend to sleep."

Children curl up on the floor or under a blanket.

Say: "The sun is rising, and the groundhog is waking up. Stretch your legs, stretch your arms, and wiggle out of your burrow!"

Children stretch and slowly stand up.

Peek Outside the Burrow

Say: "The groundhog peeks its head outside. Look left, look right—what do you see?"

Children crouch down and pretend to peek around.

Say: "It's bright outside, and the groundhog is checking for its shadow."

Spot the Shadow

Say: "If there's a shadow, the groundhog gets scared and hops back into its burrow. But if there's no shadow, it feels safe and steps forward to explore!"

Optional: Shine a flashlight to create shadows for children to observe.

Children either jump back (shadow) or step forward (no shadow).

Explore the Outside World

Say: "If the groundhog stays outside, it begins to explore. Let's hop like a groundhog, sniff the fresh air, and search for food!"

Children hop, pretend to sniff, and look around for imaginary food.

Say: "Oh no, is that a big gust of wind? Let's sway like trees and brace ourselves!"

Children sway side to side like trees in the wind.

The Groundhog's Choice

Say: "The groundhog must decide: Will it stay outside and enjoy the day, or go back to its burrow and sleep a little longer?"

Children can choose to lie down and pretend to sleep or continue exploring.

Ring a small bell for children to gather back in the circle.

