

# MICKEY AND FRIENDS

- **Parent Participation (1-3 years old)**
  - **Adventures**
    - Mickey's Clubhouse - Hamster Maze
    - All Around the Clubhouse - Up and Over the Gym
    - Mickey's Roadsters - Rush Hour
    - Minnie's Bowtique - Circus Tent with scarves, ribbon sticks, beanbags, pompoms
  - **Big Deals** (paired with swing/ring time, adventure, or skill stations)
    - Daisy's Duck Rides - Rollercoaster with Doors
    - Hot Diggity Dog Swing - Hot Dog Swing
    - Donald Duck's Donut Swing
  - **Song/Dance/Game**
    - Mouse-ercise - Age-Appropriate Warm Up or Wake Up Your Muscles
    - Mickey's Hot Dog Dance
    - Donald Duck Freeze Dance
    - Dancing Around the Clubhouse - Musical Mat
    - What Time is it Mickey? - Mr./Mrs. Fox with Mickey puppet
    - Find the Mouska-Tools - Find the Beanbag
    - Pluto's Color Mix-Up - Color Round Up
    - Minnie's Bubblestorm
    - Goofy's Clean Up - Clean Up Your Room
    - Clubhouse Color Tag
    - Donald's Duck Duck Goose
  - **Skill Stations**
    - Chip and Dale's Flipping Tricks - Tumbleform (younger)
    - Hot Dog - Balance or Tumbling (younger)
    - Mickey and Minnie's Gondola - Rocking Boat (younger)
- **Independent (4-10 years old)**
  - **Relays/Games**
    - Dancing' Around the Clubhouse - Musical Mat
    - Donald Duck's Freeze Dance
    - Mickey to Minnie - Ship to Shore
    - Mickey's Favorite Game - I Spy
    - Follow Pluto - Follow the Leader

- Find the Mouska-Tools - Find the Beanbag
- Pluto's Color Mix-Up - Color Round Up
- Minnie's Bubblestorm
- Goofy's Clean Up - Clean Up Your Room
- Clubhouse Color Tag
- Minnie Says - Simon Says
- Donald's Duck Duck Goose
- Pluto's Circle Chase
- What Time is it Mickey? - Mr./Mrs. Fox with Mickey puppet
- Minnie's Fashion Relay - Scarf Relay
  
- **Skill Station/Obstacle Course:**
  - Chip and Dale's Flipping Tricks - Tumbleform OR Cherry Drops (older)
  - Hot Dog - Balance or Tumbling (older - ninja jr/preschool gyms)
  - Mickey and Minnie's Gondola - Rocking Boat (older - ninja jr/preschool gyms)
  - Mickey's Clubhouse - Around the Gym or Mickey's Clubhouse Adventure (Hamster Maze)
    - Can also make your own obstacle course using Ninja obstacles/gymnastics skills from weekly curriculum for convenience!