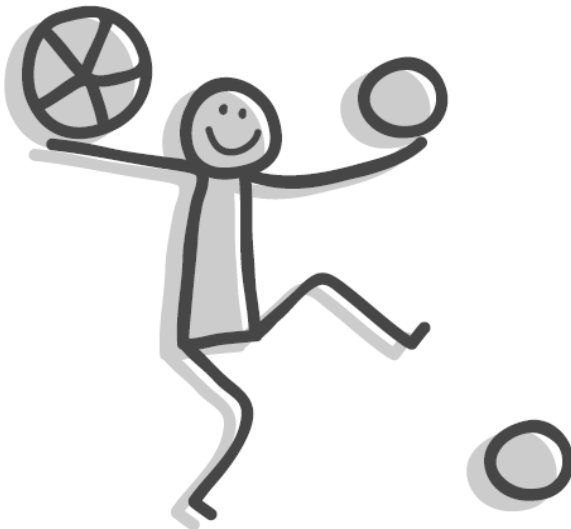


FIT Activities for Kids



Bloomington Public Health
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FIT Activities for Kids is a book for you and your child. Active play helps foster your child's health and development. **FIT Activities for Kids** is full of ideas for playing actively every day.

You are your child's first and most important teacher. Your child needs your help to learn the physical skills he will use all through his life. Playing is the best way to learn these skills. Playing has many other benefits.

Your child will:

- Get along better with other children
- Learn to solve problems
- Be smarter
- Be happier
- Be healthier
- Eat better
- Sleep better

Small amounts of playtime throughout the day add up to these big benefits. Aim for 60 minutes or more of play.

Play with your child several times each day. She will love being with you.

By the end of the day, you will both feel more relaxed and be ready for a good night's sleep.

FIT Activities for Kids gives you and your child a "grab bag" of play activities that you can do anytime and any place. What are you waiting for?

Playing together is a great first step to a healthier family. These are other important steps:

Drink water

Offer water often during the day.

Limit intake of sugar-sweetened drinks.

In addition to water, offer 2-3 glasses of milk every day.

Eat meals and talk together

Eating together most days of the week builds smarter, happier kids.

Eat more fruits and vegetables

Serve fruits and vegetables at meals and snacks.

Eat most of your meals at home

Limit meals at fast food restaurants.

Serve child-size portions

Offer small portions. Let your child decide how much to eat.

Limit screen time

Limit television/computer time to one or two hours per day. Remove television/computers from bedrooms. Your child will do better in school. He will eat and sleep better, too.

Set a good example

Your child watches everything you do. If you are active and eat well, your child will learn these healthy habits too.

How children learn:

- From birth, children learn about their world through movement. Movement and play are vital for healthy growth and development.
- Children can learn some physical skills on their own; other skills need to be taught to them.
- You are your child's first and most important teacher. The physical skills you help your child learn will be important to her throughout her life.
- When your child plays actively, he is using his muscles and his mind. As you play together, you can teach him new words and ideas.
- To enjoy doing an activity, a child needs to succeed at least 70% to 80% of the time. If it is too hard, she gets frustrated and quits. If it is too easy, she gets bored and loses interest quickly.



Everyday . . . Play Outside

Since children are naturally active, if you take them outside they will play. Find a safe place for them to play. Keep an eye on them or, better yet, play with them.

Explore the different seasons.

- Stomp in puddles
- Splash through sprinklers
- Jump into piles of autumn leaves
- Build a snow fort

In cold weather, keep everyone's outdoor clothes organized. During summer it's helpful to keep sunscreen, hats and water handy.

Try these ideas:

- Put a plastic mat or piece of cardboard on the floor near the door for wet or snowy boots.
- Put up some hooks for jackets and snow pants.
- Give each child a box, bin or basket for their hats, scarves, heavy socks and mittens. (Your child can have fun decorating the box.)
- Get a plastic water bottle for each member of the family and write their names on them.

Now you're dressed and ready to go out to play – snow or shine!

Cold Weather Activities

go for a walk outside
(dress warmly!)

play in the leaves or
in the snow

help rake leaves or
shovel snow

make a snowman or a
snow angel

go sledding

go ice skating

play inside

help with chores

play music and stretch,
dance, climb, jump, skip,
march

Warm Weather Activities

play outside

jump in puddles

weed, water and rake the
garden

run through a sprinkler or
splash in a wading pool

play with sand, pails and
shovels

play with water

help wash the car

ride a tricycle or bike

go to a park or playground
and skip, run, jump, hop,
swing

Everyday Activities

Children love to be active! Teach your child to help you inside or outside the house. Helping you teaches him responsibility and self-respect. Children like having responsibility. At first it will take some effort on your part, but it will pay off in the long run. Helping around the house is a good alternative to watching TV. And keeping the house and yard picked up leaves a clear space for kids to play safely!

The helping activities listed below are perfect for your young child. Start with the easiest ones and work your way up to harder jobs.

Tasks your child can help with

Indoor Helping Activities

- pick up her toys
- make beds
(pull up the covers)
- carry laundry
- pick up and put away
dishes, pots & pans
- clean floors
(sweep, mop, vacuum)
- pick up the living room
- dust furniture
- carry and put away
groceries
- set the table for
family meals
- water plants
- feed and care for pets

Outdoor Helping Activities

- sweep the porch
- pick up the yard
- hang out laundry
- carry out the trash
- wash the car or
brush off snow
- stack firewood or
pickup kindling
- wash the dog

Toys that Encourage Physical Play

Most of the activities in this section use easy-to-make toys. Just use things you already have around your house. Toys that encourage physical play don't have to cost a lot of money.

Here are some ideas to try:

Balls

Rolled-up socks; crumpled paper, newspaper or old aluminum foil; yarn

Hoops

Make your own with 6 feet of 1/2 inch flexible plumbing pipe. Join the ends by inserting a 3 inch piece of 3/8 inch plastic piping. If it does not fit snugly, you may need to tape the joint. Decorate with colored plastic tape if you like.

Racquets

Pull the bottom of a wire coat hanger down into a diamond or circular shape. Next, cover the hanger with an old pantyhose leg, nylon knee high or large sock. Secure the end with a rubber band or masking tape. Bend the hook of the hanger in, and cover any sharp edges with masking tape to make a handle.

**Some of these equipment ideas
might make good gifts
from parents, relatives or friends**

For preschool children

throwing targets

hula hoop

bowling set

foam frisbee

whiffle ball

koosh ball

tricycle or big wheel

doll stroller

plastic racquets

plastic lawn & garden
tools: toy lawn mower,
rake, small shovel, etc

wading pool
(adult supervision required!)

children's music tape
or CD

bubbles

For 6-8 year olds

kite

playground ball

jump rope

bike with training wheels

double-bladed ice skates

junior size baseball bat
with tee

wagon

toy hockey set

paddle racquets

velcro catcher's mitt with
velcro ball

sled

sidewalk chalk

Running & Jumping Games



- Chasing
- Scurrying
- Dashing
- Jumping
- Hopping
- Leaping
- Galloping
- Walking
- Trudging
- Waddling
- Wandering
- Plodding
- Darting
- Skipping
- Springing
- Prancing

- Fast
- Slow
- Forward
- Backward
- High
- Low

Chase Me, Chase Me

2 or more players

Procedure: Playfully chase your child throughout the yard, playground or house. Outside, go uphill and downhill, zig and zag, fast and slow, forward and backward. Hug him gently upon capture!

Bubble Chase

1 or more players

Equipment: bubble solution, wand for each player

Procedure: Make up some bubble solution several hours ahead of time. Let your child blow bubbles and have fun chasing, popping or stomping them! This works best outside in the shade or on a cool, cloudy day!

Homemade Bubble Recipe

2/3 cup concentrated dish washing liquid
4 cups water

Optional: 1 Tablespoon glycerin, which you can buy at any drug store.

- Pour the water into a large container like a plastic dishpan or a clean empty milk jug.
- Add the dish washing liquid and gently stir.
- Add the glycerin and gently stir.
- Let the bubble mixture sit for several hours before using. The longer it sits, the better the bubbles.
- Cover and store any leftover bubbles for another day. Leftover plastic yogurt or margarine containers with lids work great for storing bubbles.

Tips:

1. Some dish washing liquid brands may work better than others. Experiment to learn what works best for you.
2. Distilled water may help make the bubbles better.
3. Glycerin isn't expensive and it really makes bubbles stronger and longer lasting.
4. Let the bubble wand sit in the bubble mix for a few seconds and try not to stir—stirring makes suds and foam, which are bubble busters!

Bubble Wand Ideas

- Dip plastic straws into the bubble solution, and gently blow to make tiny bubbles. *You can also tape three to five straws in a circle for a big bubble made up of little connected bubbles.*
- Bend a hanger into a circle with a short handle. You can cover the handle with tape if it's sharp at the bottom. It's good to twist 2 wires together to make one loop—this lets the wand hold more bubble solution and makes the handle less dangerous.

You can also bend pipe cleaners into shapes and use those as wands.

- Open, plastic cookie cutters make good wands.
- Cut a hole in the center of a plastic yogurt or coffee lid.



Hula Hoop Chase

1 or more players

Equipment: For each player—a large plastic hoop (to make your own, see “Toys That Encourage Physical Play” page 8)

Procedure: Let your child roll the hoop and chase after it. This is most fun outside. If you can't get outside, you can also play inside.

Variation: *Let your child hold the hoop at her waist. “Drive” around outside or inside as a fire truck, dump truck or car.*

Hula Hop

1 or more players

Equipment: 1 or more large plastic hoops (to make your own, see “Toys that Encourage Physical Play,” page 8)

Procedure: Lay hoop(s) on the sidewalk, lawn or floor, and let your child jump or hop in and out of them.

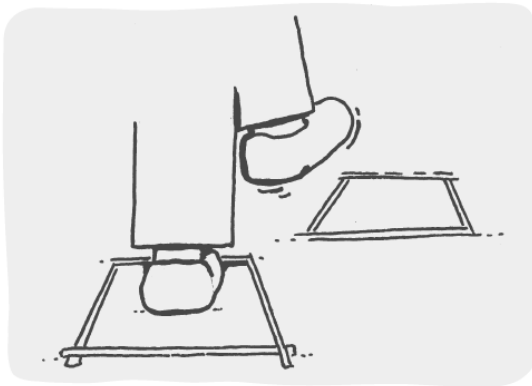
Square Hop

1 or more players

Equipment: sidewalk chalk or masking tape

Procedure: Make a pattern of squares on a safe sidewalk or driveway with sidewalk chalk. Squares can also be made in the dirt using a stick. Have your child hop in and out of each square on one foot. Have her repeat the activity with the other foot. Inside, make squares around the room on the floor using masking tape.

Variation: *Children who aren't skilled at hopping on one foot can try this activity jumping with two feet.*



Frog Hop

1 or more players

Procedure: Have your child squat down on the lawn or floor like a frog. Tell her to reach forward putting her hands on the floor. Then have her jump her feet so they land close to her hands. Try big and small leaps, and have her make frog sounds as she jumps!

Variation: Draw lily pads with sidewalk chalk on a safe sidewalk or driveway, or draw lily pads in the dirt or even in the snow. Let your child jump on and off the lily pads. To play inside, you can also make lily pads out of cardboard or paper. Decorate if you wish, and use masking tape to secure the lily pads to the floor.



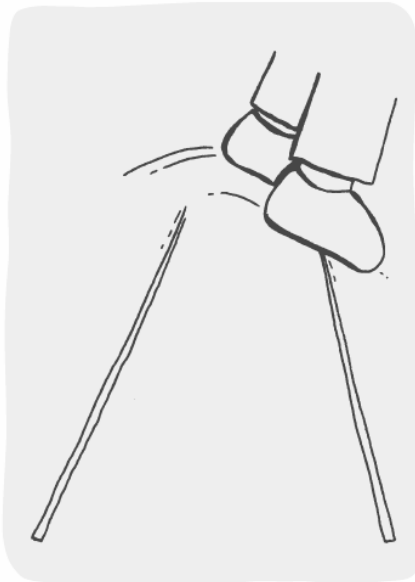
Jump Right Over

1 or more players

Equipment: sidewalk chalk or masking tape

Procedure: Draw two parallel lines, about one foot apart, on a safe sidewalk or driveway using chalk. Lines can also be drawn in the dirt. Have your child jump across the “river” to the other side—being careful not to get his feet wet! You can make the river wider as your child’s jumping skills improve.

Variation: Draw a single line and let your child practice jumping and hopping over it. Inside, use masking tape to make one or two lines on the floor.



Jumping Jack

1 or more players

Equipment: For each player—an empty bathroom tissue roll, paper, red or orange crayon, masking tape

Procedure: Use the bathroom tissue roll for a “candlestick.” Cut a “flame” from paper, and then color it and tape it to the candlestick. Place the candlestick outside on a flat spot or inside on the floor, and have your child jump over it.

You and your child can recite this rhyme as he jumps:

Jack be nimble,

Jack be quick,

Jack jump over the candlestick.

Practice jumping high, medium and low.



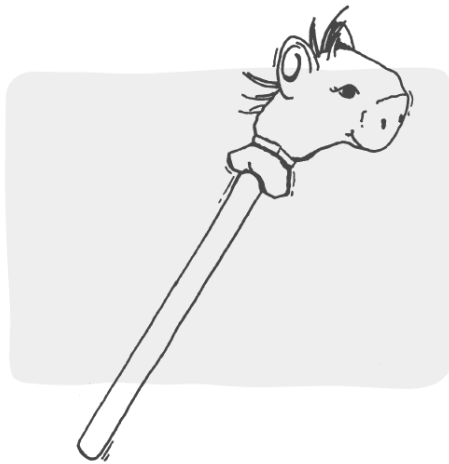
Galloping Pony

1 or more players

Equipment: For each player—cardboard wrapping paper tube, paper bag, masking tape, newspaper, crayons or markers

Procedure: Make a cardboard horse by decorating the paper bag to look like a horse's head. Stuff the head with crumpled newspaper and tape it onto one end of the cardboard tube. Have the child gallop around to visit different parts of the yard or house. Practice going slow and fast, forward and backward, galloping and prancing.

Variation: *Have child pretend she is a Pony Express carrier bringing mail or supplies to different places. She could also pretend picking up toys to deliver to the toy box.*

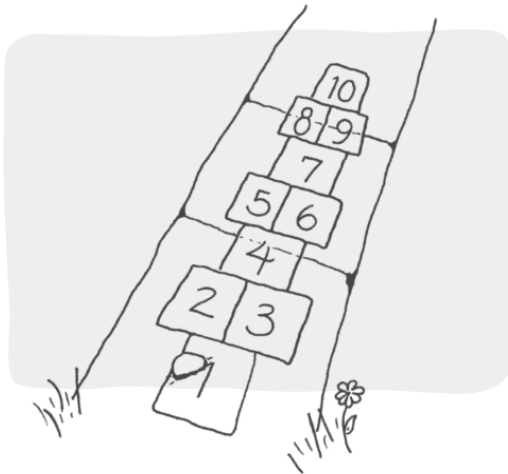


Hopscotch

1 or more players

Equipment: sidewalk chalk or masking tape, beanbag for each player

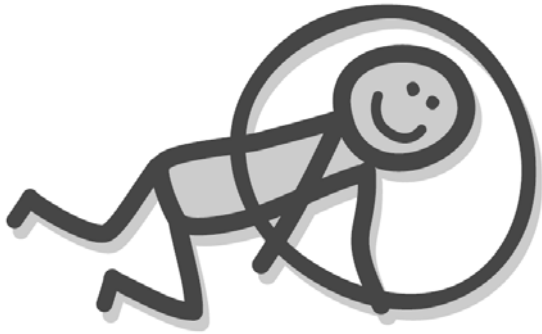
Procedure: Outside, mark out a hopscotch board on the sidewalk with chalk or in the dirt using a stick. Inside, use masking tape on the floor. Have your child toss the beanbag onto square one. Next, your child hops or jumps onto square one and picks up the beanbag. Your child can hop on one foot or both feet depending on his or her ability. Toss the beanbag onto square 2 and so on. When she gets to the top, turn around and go back down to square one. If there is more than one player, have the children take turns. While the other children are waiting for their turn, they could practice hopping on one or two feet. You could also make several hopscotch boards so all children can play at the same time.



Tumbling, Rolling, Crawling & Climbing

- Wiggling
- Slithering
- Cart wheeling
- Creeping
- Somersaulting
- Sneaking
- Surrounding
- Dangling

- Forward
- Backward
- Over
- Under
- Around
- Through
- Up
- Down



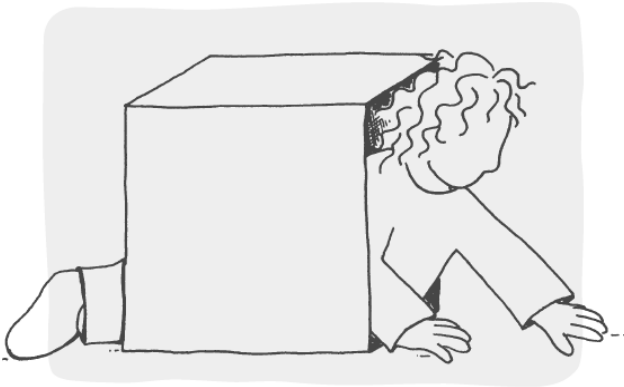
Creeping, Crawling, Climbing

1 or more players

Equipment: large boxes, chairs, tables, sheets

Procedure: Create an obstacle course with several objects your child can pass over, under and through. Try it outside with lawn furniture and cardboard boxes of various sizes. Large cardboard boxes can be cut or left open at both ends to create a tunnel.

Variation: *Let children creep and crawl safely through, under, over and around large objects in your home. Drape sheets over chairs or tables, or use large boxes to create "tunnels." Have children pass through the tunnel moving forward and backwards, slowly and more quickly.*



Hula Crawl

2 or more players

Equipment: large plastic hoop for each player (to make your own, see "Toys that Encourage Physical Play," page 8)

Procedure: Hold a hoop upright and let your child crawl, creep or climb through it. Let your child practice going backward, forward, under and through.

Variation: *Stand with your legs apart and let your child creep or crawl between them. If you have enough people, make a human tunnel!*

Roll Like A Log, Tumble Like A Weed

1 or more players

Procedure: Roll, tumble, rollover, somersault, bend and stretch outside on a grassy area, in the leaves, or in the snow. Inside, try this on a mat, mattress, rug or blanket.

Back Rock

1 or more players

Procedure: Have your child lie down on the ground on her back. Help her put her feet and hands up in the air, pull her knees into her chest, and hold onto her knees with her hands. Ask her to rock back and forth along her spine.

Forward Roll

1 or more players

Procedure: Ask your child to squat on the ground or floor, and place his hands flat in front of him on the floor. Have him press on the balls of his feet, stick his bottom up into the air, tuck his chin into his chest, place his head between his knees, and roll forward on the back of his head. To help him remember to keep his chin tucked in, you can have him hold a bean bag under his chin.

Footsie Roll

2 or more players—since this activity is done in pairs, you need an even number of players

Procedure: Have players pair up and lie on the ground or floor on their backs with the soles of their feet touching each other's. Ask one child to try rolling over without letting her feet come away from her partner's feet. Take turns being the partner who does the rolling.

Climb Every Mountain

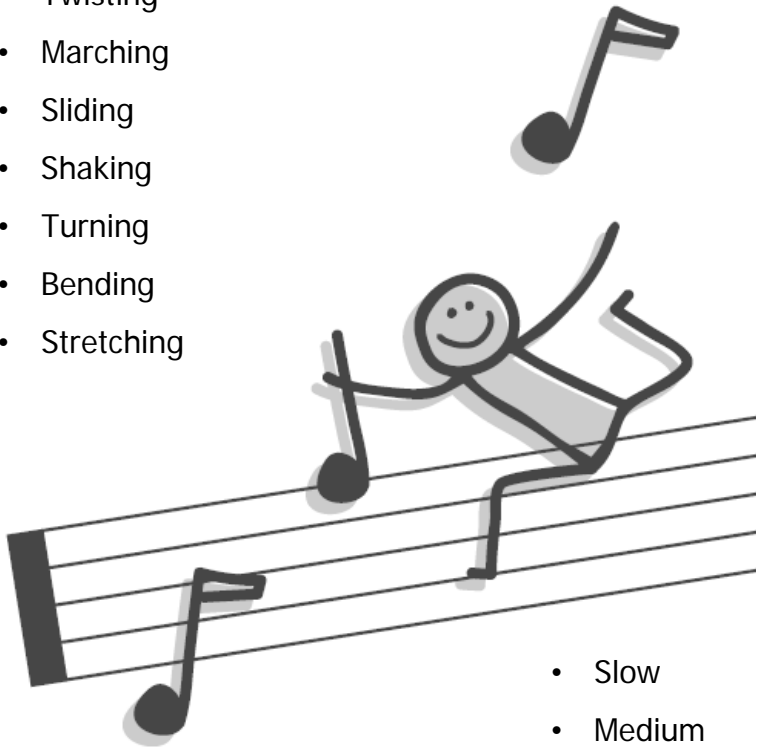
1 or more players

Procedure: Find a hill or build one out of snow or dirt, and climb to the top. Roll back down on your side!



Rhythmic Movement & Balance

- Dancing
- Shuffling
- Twisting
- Marching
- Sliding
- Shaking
- Turning
- Bending
- Stretching



- Slow
- Medium
- Fast

Freeze Dancing

2 or more players

Equipment: music

Procedure: Put on some music or make your own, and let your child dance. Explain to your child that when you stop the music, everyone freezes. Start dancing when the music comes on again. If you have a portable tape player or radio, play outside.

Tight Ropes

1 or more players

Equipment: sidewalk chalk or masking tape

Procedure: Make a straight line with chalk on a safe sidewalk or driveway or in the dirt using a stick. Have your child walk along the line as if he is on a tight rope or balance beam. Let him try walking forwards, backwards and sideways along the tight rope, or hop on and off. Inside, make a line using masking tape on the floor.

Variation: "*Balance Trail*"—*Instead of a straight line, make a trail or path with some twists, turns and corners. Draw brooks to cross, logs to jump on and so on. Have your child follow the winding path.*

Moving to Music

There are a variety of cassette tapes and CD's just for children, and many have traditional songs that have movements to go with them. You can teach your child the traditional movements if you know them, or you and your child can make up your own. For example:

“Skip to My Lou”

Show your child how to skip around, pretend to fly for “Flies in the buttermilk...,” etc.

“Ring-Around-the-Rosy”

Join hands with your child, circle around, and then fall down.

“Ten in the Bed”

Show your child how to roll on the ground or floor for “Roll over, roll over.”

“Wheels on the Bus”

Show your child how to circle his arms for the wheels going around; jump up and down for the people going up and down; move her arms back and forth for the wipers going swish; walk or run backwards to move on back, etc.

“Head, Shoulders, Knees & Toes”

Have your child touch his head, shoulders, knees, toes, etc. whenever he hears those words. Let him follow your movements if he needs help.

“The Ants Go Marching”

Have your child march around. Create movements to go along with the words that your child can follow—pretend to climb a tree, pick up sticks, etc. Have your child stomp her feet for “Boom, Boom, Boom,...”

Hula Twist

1 or more players

Equipment: large plastic hoop for each player (to make your own, see "Toys that Encourage Physical Play," page 8)

Procedure: Let your child spin the hoop around her waist—try it fast, try it slow. Try it high, try it low! Try it to music! Try it in the yard, in the house!

Mirror Me

2 or more players, best with an even number of people

Procedure: Face one another. As one person moves, the other person does the same as if they are a mirror image.

Marching Band

1 or more players

Equipment: containers with lids, dried beans, spoons, pots and pans, rubber bands

Procedure: Make some instruments using dried beans in a closed container to shake, spoons to bang on pots, rubber bands to stretch over open containers and twang. Let each child have her own instrument. March around the neighborhood or in the house.

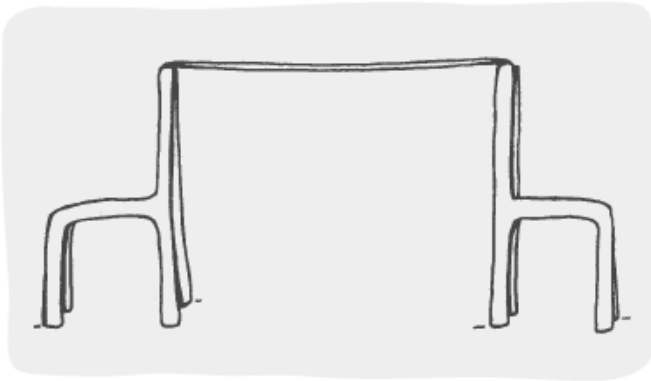
Limbo

1 or more players

Equipment: 2 chairs, masking tape or string

Procedure: Make a limbo "pole" by placing 2 chairs about 4 feet apart and back-to-back. Next, attach tape or string across the top of each chair. Have your child pass underneath the pole doing the "limbo." Lower the tape or string for each round.

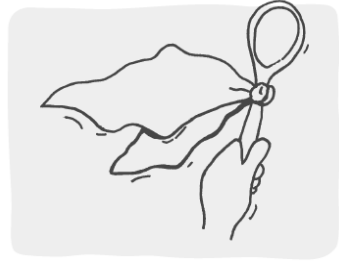
Variation: *If you have 3 or more people playing, you can also use a jump rope, having 2 people hold the ends while the other person passes under the rope. Children can listen to music and dance while they play.*



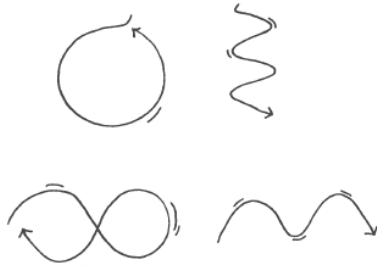
Scarves and Ribbons

1 or more players

Equipment: For each player—scarves or ribbons that can be held in your child's hand or tied to a wooden spoon.



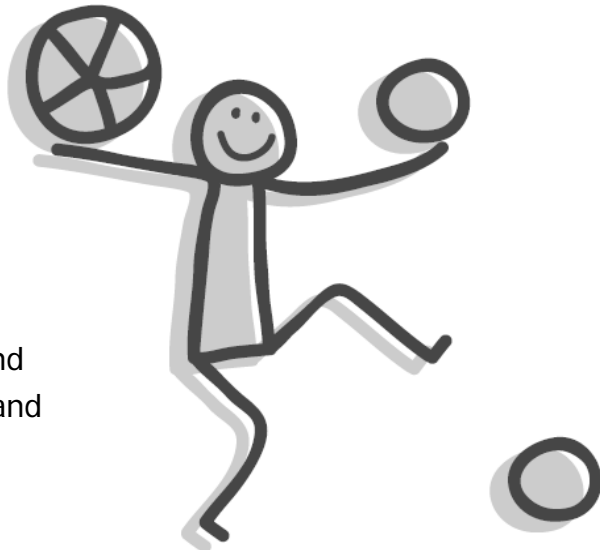
Procedure: Move around with scarves or ribbons. Vary movements from slow and gentle to quick and lively. Move with just one scarf or with several. Try making circles, zigzags, figure 8's and waves with the scarves. If you have a portable radio or tape player, try moving to different types of music.



**circles, zigzags, figure 8's,
waves**

Catching, Throwing, Kicking Games

- Bouncing
- Rolling
- Kicking
- Catching
- Tossing
- Chasing
- Throwing
- Striking
- Dribbling



- Hard
- Soft
- Overhand
- Underhand
- High
- Low
- Straight
- Curved

Tidy-Up Toss

1 or more players

Equipment: an empty box

Procedure: Have your child pick up toys and drop them in a box for points. Outside, have your child toss a ball, beanbag or snowball into empty box or bucket. Try both overhand and underhand throwing. Let your child step back to toss the ball, bean bag or snowball from farther away as her skills get better.

Variation: *Inside, have child pick up toys, books, games and drop in box for points, or toss ball or bean bag into empty box, laundry basket or wastebasket.*

Trash Bag Toss

1 or more players

Equipment: For each player—unused trash bag, newspaper

Procedure: Fill a trash bag with crumpled newspaper. Tie it shut. Toss it, throw it, roll it or roll on it in the yard or inside.

Safety caution: Plastic bags can be a choking hazard and may cause suffocation—adults should use caution with infants and toddlers.

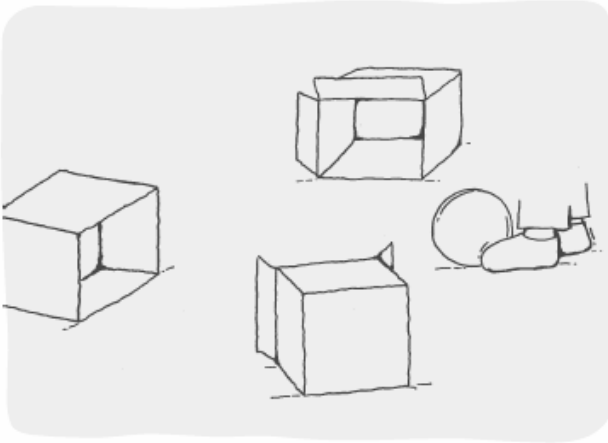
Kick Course

1 or more players

Equipment: ball for each player; containers such as boxes, wastebaskets, crates (some open on both ends)

Procedure: Set up the containers around the yard or room. Have your child kick the ball through or into each container as they go around the course.

Variation: *Make a course in the snow with shoveled paths, snow tunnels and mounds.*



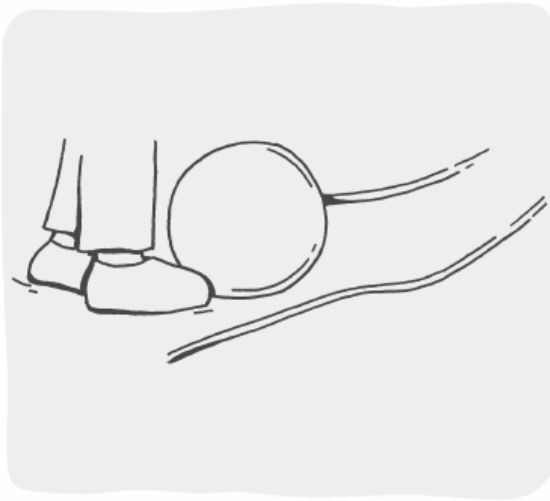
Foot Dribble

1 or more players

Equipment: ball for each player, snow shovel or rake, sidewalk chalk or masking tape

Procedure: Shovel pathways in the snow. Have your child use her feet to move the ball along the pathways. Once your child has mastered a straight path, make it harder with curved or zigzag paths.

Variations: *Make pathways outside with sidewalk chalk, draw lines in the dirt, or rake a path in the leaves in fall. Inside, make pathways by putting 2 long strips of masking tape on the floor about 2–4 feet apart.*



Milky-Crunchy Knock Em' Down

1 or more players

Equipment: empty milk jugs, cereal boxes or 2 liter plastic bottles; ball

Procedure: Set up six or more empty milk jugs, cereal boxes or plastic bottles at one end of the sidewalk or on smooth ground. Ask your child to stand at the other end with a ball and roll the ball into the jugs or boxes. Count the number knocked down. If there is more than one child playing, let them take turns — one child can set them up, one can knock them down. If you can't get outside, Knock Em' Down can also be played inside.

Balloon Body Juggling

(best for 5-year-olds or older)

1 or more players

Equipment: balloon for each player

Procedure: Have your child toss a balloon into the air. You or your child calls out the part of the body to be used to strike the balloon (e.g. knee, foot, elbow). The balloon can also be batted, kicked or bounced between two players using different body parts.

Safety caution: Do not use balloons with children under 4 years old. Balloons can be choking hazards—only adults should inflate balloons.

Racquet Balloon

(best for 5-year-olds or older)

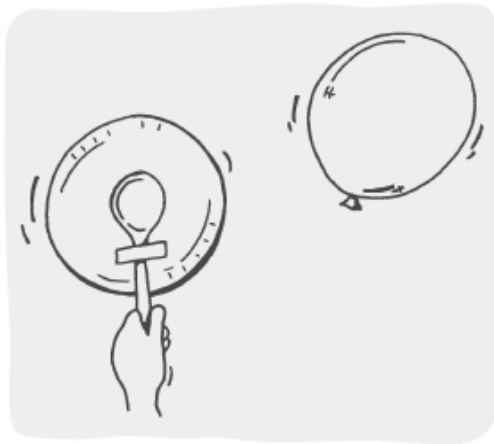
1 or more players

Equipment: For each player—wire coat hanger, old pantyhose leg, nylon knee high or large sock (or wooden cooking spoon or ruler, strong paper plate); masking tape; balloon; beach ball or paper ball

Procedure: Make a racquet with a coat hanger (see “Toys that Encourage Physical Play.” Page 10). Outside, have your child hit the balloon or a ball in various ways with the racquet—hard, soft, overhand, underhand, etc. Play with a partner, bouncing the balloon or ball back and forth.

Variation: *Make a racquet by securely taping a paper plate to a spoon or ruler. Let your child hit the balloon or ball in various ways with the racquet. This variation works well for inside Racquet Balloon.*

Safety caution: Do not use balloons with children under 4 years old. Balloons can be choking hazards—only adults should inflate balloons.

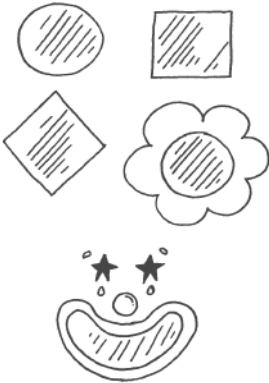
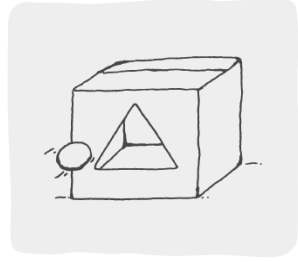


Bean Bag Target Toss

1 or more players

Equipment: large cardboard box, 2 or more beanbags for each player

Procedure: Cut one side of a large cardboard box into a square, circle, triangle or other shape (or cut multiple shapes). Decorate the box if you wish.



shape ideas

Throw beanbags into openings in the box. Try helping your child learn to toss underhand and overhand, and try having him stand different distances away from the target. You can mark the distance from the target, outside, with chalk or a line in the dirt. Inside, mark distance with masking tape on the floor.

Variation: *If you have one or more hula hoops, lay them on the floor and let your child toss the beanbags into the hoops.*

Remember: If it's too hard, your child will feel like a failure. If it's too easy, your child will get bored. Find a distance letting your child get the bean bag into the hole about 7-8 times out of 10.

Beach Ball Bounce Back

(best for 5-year-olds or older)

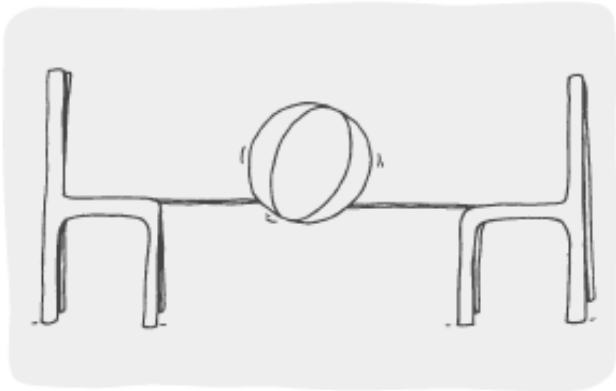
2 or more players

Equipment: 2 chairs, masking tape or string, beach ball

Procedure: Outside, place the 2 lawn chairs about 4 feet apart. Make a “net” by attaching tape or string across the seat of each chair. Hit, toss or bounce the beach ball back and forth over the net. Help your child practice hitting hard and soft, high and low. If you can’t get outside, you can make a net inside.

Variation: *Use an inflated balloon in place of a beach ball. The balloon will move more slowly, making it easier for your child to hit the balloon over the net.*

Safety caution: Do not use balloons with children under 4 years old. Balloons can be choking hazards—only adults should inflate balloons.



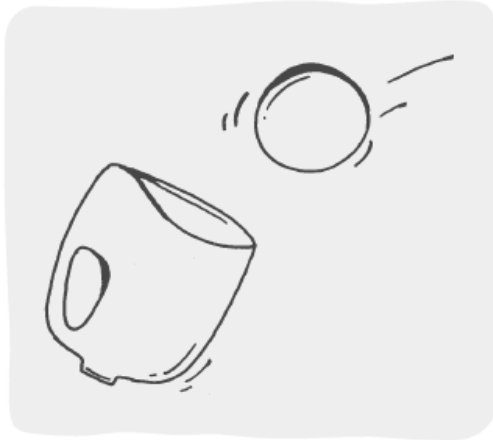
Milk Jug Catch

1 or more players

Equipment: For each player—clean, empty, plastic milk jug; ball, bean bag or snowball; tape

Procedure: Cut the bottom off an empty plastic gallon milk jug to use as a catcher. Save the top end with the handle. If the cut edge is sharp, cover it with tape. Make a catcher for each player. Go outside and let your child place a ball, bean bag or snowball in the catcher, and then toss it up and then catch it. He can also throw it underhand to another person. The other person catches it in her catcher and throws it back. If your child is successful, let him step back and try tossing the ball, beanbag or snowball from farther away.

Variations: *Make a ball by crumpling up a piece of paper. You can make small, medium or large balls. Paper balls work well for tossing outside or inside. The catcher can also be used to scoop up leaves or snow!*



Pretend Games & Imagination

- Zoom like a plane
- Fly like an eagle
- Stretch like a cat
- Strut like a rooster
- Leap like a frog
- Run like a cheetah
- Trek through the jungle
- Move like lightning



- Move around
- Through
- Up
- Down
- Fast
- Slow

Read, Run and Race About

2 or more players

Equipment: Action storybook

Procedure: Choose a favorite action storybook and encourage your child to copy the actions and expressions of the characters as you read the story out loud to her.

Airplane

1 or more players

Procedure: Have your child put out her arms and move around like an airplane: take off, fly, zoom, land.



Cape Capers

2 or more players

Equipment: For each player—small blanket, towel or cloth scrap for cape

Procedure: Put blanket, towel, or cloth over your child's shoulders. Show him or her how to hold on to the ends with arms outstretched. Play make believe together as you say this rhyme:

Flap your wings like an eagle in the sky...

Then soar like an airplane flying high...

Float like a ghost and say "Wooooo!"

Then drift like a giant cloud in a sky of blue...

Become a super hero, dash and dart about.

"I'm coming to the rescue!" is what you shout.

Making Shapes & Animals

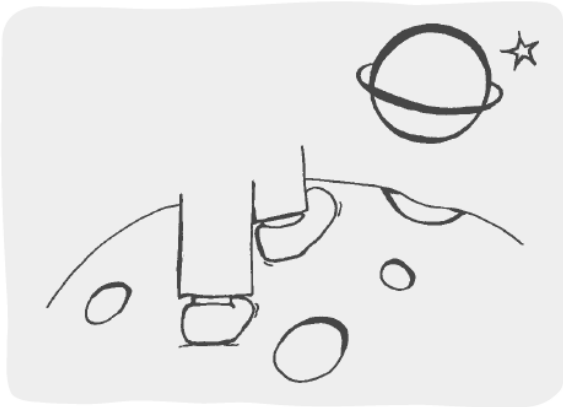
2 or more players

How to: Call out a shape like round, flat, wide, narrow, long, short, pointed, crooked or zigzag. Let your child move like or make the shape with his or her body. Have your child use his body to imitate an object—a table, a chair, a flower, a teapot, etc. Or, say an animal's name, and let your child act, move, and make sounds like that animal.

Make-Believe Walks

2 or more players

How to: As your child walks outside or inside, help her imagine walking through different places: in the forest, through the jungle, on the moon, on the hot sand of the desert, through the snow, in the mud, etc.



Let's Pretend

2 or more players

How to: Pretend you and your child are on a farm, and act out the things that happen: drive a tractor, plant crops, bale hay, pump water, feed and milk the cows, strut like a rooster, stretch like a cat, fetch like a dog.

Variation: Choose any other active theme and act out things that happen.

Lightning and Thunder

2 or more players

How to: One player is "lightning." The rest are "thunder." On the signal, lightning moves quickly throughout the yard or house. The players who are thunder follow behind lightning, making the sound of thunder rumbling. Switch roles so that each child has a chance to play lightning.



Bloomington Public Health - 952-563-8900
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