

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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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.



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.

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.

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.*

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.

