

Hula Hoop Chase

1 or more players

Equipment: For each player—a large plastic hoop (to make your own, see “Play Everyday!”)

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.

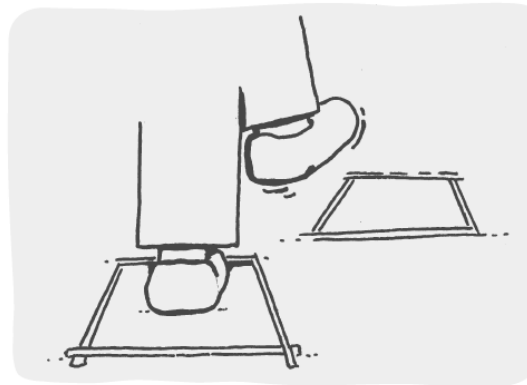
Square Hop

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.

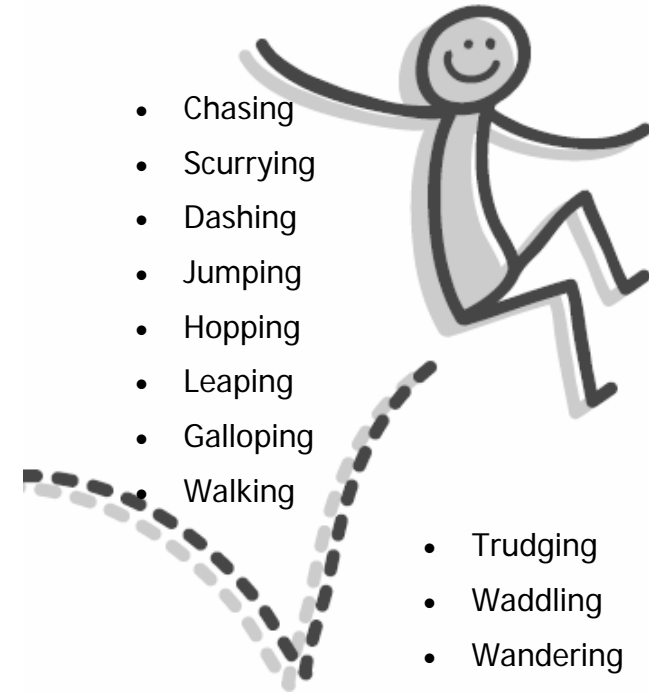


Bloomington Public Health - 952-563-8900
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Running & Jumping Games

#1



- 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.

