

Physical Activities at Home

You can help your child become more physically active by providing the following activity options within the home and/or outside.

Activities

- Yoga cards



- Simon Says or Follow-the-Leader (incorporate various movements such as jumping, stomping and squatting)
- Game of tag
- Gross motor bingo or roll
- Wheelbarrow/Animal (crab/bear-walk) races
- Freeze dance – when the music stops, freeze in your pose and hold it until the music begins again
- Hallway bowling – fill up water bottles and use any ball you have
- Hopscotch – use chalk or tape to make a game on your floor or outside
- Book-Worm Workout – pick a book that has a word that's often repeated. For example every time the word comes up in the story get your child to do a jumping jack
- Hallway Soccer – place masking tape on the floor for the nets
- Crab carry – let them see how long they can balance something like a bean bag on their belly or have a race.
- Dancing to music, videos, or using dance or "Wii" type games
- Play musical chairs
- Obstacle courses – create a furniture course in your house (crawling under/over, climbing stairs, animal walks, jumping, etc)
- Playing at the park (encourage your child to climb on the various structures, climb ladders, up a slide instead of sliding down, and swinging)
- Balancing on curbs, around the perimeter of the sandbox
- Playing tug of war
- Riding bike/scooter
- Jumping rope
- Going for family walks