



Growing Up Fit

Babies need a safe place to be active and to explore.

- Provide some “tummy time” for infants to help build neck muscles and to prepare for crawling.
- Put babies on their backs for some floor time on a clean rug, blanket, or quilt. They can exercise arms and legs and eventually learn how to roll over and sit up.
- Have some sturdy furniture for infants to hold on to as they learn to stand.
- Once an infant learns to crawl, let him go after a ball that rolls away during play.

Keeping Up with Toddlers

Toddlers have so much energy and need chances for active play. Here are some ideas to keep them busy and active.

- Play lively music and encourage the toddlers to dance. Give them scarves to wave as the music plays.
- Have them fly like a bird, hop like a bunny, or jump like a kangaroo.
- On those cold days when you cannot go outdoors, play “Duck, Duck Goose,” a game that gives everyone a chance to run around the circle.



FINGER PLAYS

Wind Tricks

The wind is full of tricks today.
(Make sweeping motion with hand for wind)

It tried to blow my hat away.
(Pretend to sweep hat off head)

It chased our paper down the street.
(One hand chases other around)

It almost blew us off our feet.
(Pretend to almost fall down)

Wind makes the trees and bushes dance.
(Make dancing motions with arms)

Just listen to it howl and prance.
(Cup hand to ear)

Shape Drawings

Draw a circle, draw a circle
(Draw a circle in the air with finger)

Round as can be.
Draw a circle, draw a circle
Just for me
(Point to self)

Draw a square, draw a square
(Draw a square in the air with finger)

Shaped like a block.
Draw a square, draw a square
Before we go and rock.
(Do rocking motion)

Draw a rectangle, draw a rectangle
(Draw rectangle in the air with finger)

Shaped like a door.

Draw a rectangle, draw a rectangle
With corners four.
(Hold up four fingers)

Draw a triangle, draw a triangle
(Draw a triangle in the air with finger)

With corners three.
(Hold up three fingers)

Draw a triangle, draw a triangle
Just for me.
(Point to self)

For more Activity ideas, visit us on the web at: betterkidcare.psu.edu or call the telephone help line: 1-800-859-8340.

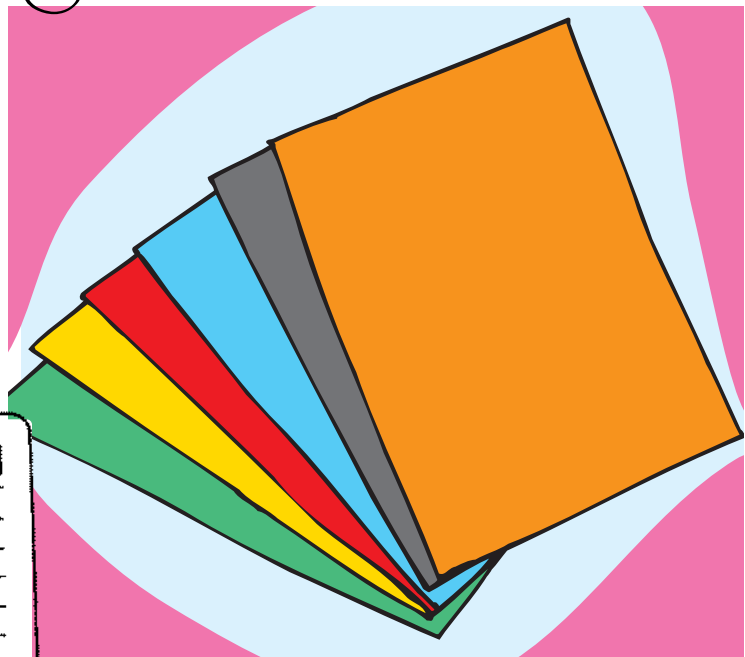
A Ripping Good Time

What you need:

- Any kind of paper for ripping
- Large sheets of construction paper or cut open a brown paper grocery bag
- White glue

What to do:

- Have the children rip various shapes from the paper
- The children can make a collage by gluing their paper pieces and placing them on the larger sheet of paper.
- Hang these around the room for all to enjoy!



Pennsylvania Pathways

Professional Development
for Child Caregivers

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Cooperative Extension
College of Agricultural Sciences

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Resources: Better Kid Care *Active Play* December 11, 2003 workshop, Penn State Better Kid Care Program, Penn State University; *Ring A Ring O' Roses — Stories, Games, and Finger Plays for Preschool Children*, Children's Community Service Program, Flint Public Library, Flint, MI.

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