



Keep on Moving!

It is important for children to have chances for active play every day. By promoting active play, you help children form lifelong habits that will help them be healthier. There are physical movement activities for children of all ages.

INFANT ACTIVITIES

Babies need time for movement every day. Have a safe place for them to play. Here are some ways to help infants be active:

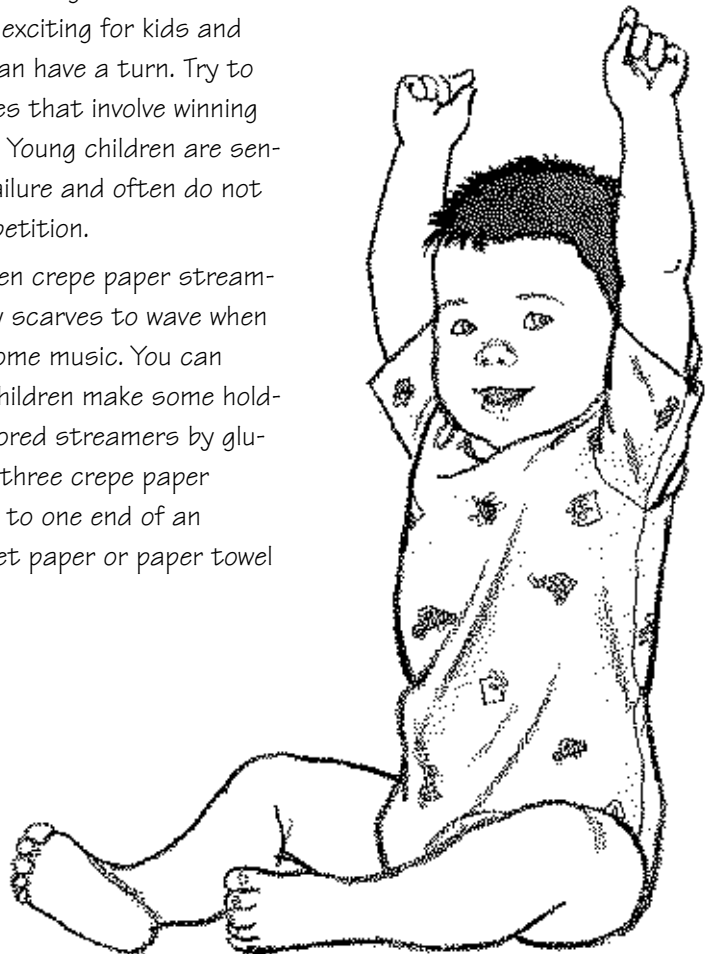
- Have “tummy time” daily, where infants can be on a blanket or quilt on the floor. This allows the babies to stretch, and move arms and legs. It will help develop muscles as babies get ready for rolling over and crawling.
- Sing or recite a familiar nursery rhyme as an infant moves her arms and legs. Gently move her arms and legs to the rhythm of the rhyme.
- Place a toy you and the baby have been playing with a little out of reach, to encourage him to reach for it and eventually roll over to retrieve it.
- Once infants start crawling, make a tunnel by cutting the ends off the opposite ends of a large, sturdy cardboard box for them to crawl through.
- Rolling a ball back and forth is a fun game to play with babies.

PRESCHOOLERS

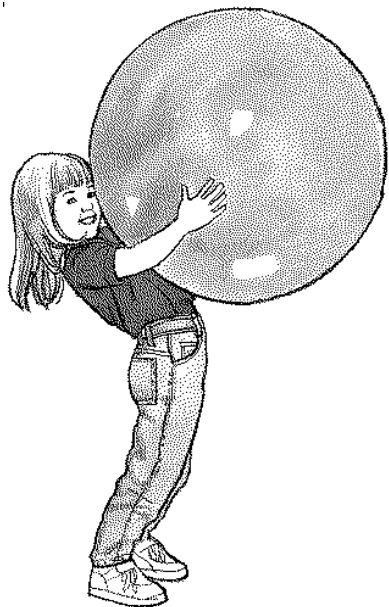
Children ages two through five have lots of energy. Here are some activities that can be done both inside and outdoors:

- Have the children crawl like caterpillars, fly like birds, jump like kangaroos, etc. when you are learning about those things.
- Games such as “Duck, Duck, Goose” and “Ring Around the Rosie” are exciting for kids and everyone can have a turn. Try to avoid games that involve winning and losing. Young children are sensitive to failure and often do not enjoy competition.
- Give children crepe paper streamers or silky scarves to wave when you play some music. You can have the children make some holders for colored streamers by gluing two or three crepe paper streamers to one end of an empty toilet paper or paper towel roll.

- Play music and have the children march around the room or yard, or have a dance party. Kids love to move to lively music!
- Play “Simon Says” with the children, giving them active things that “Simon” tells them to do, such as jump up and down three times, hop like a bunny across the room, touch their toes five times, etc.



When It's OK to Throw Things



It's OK to break the rules about throwing things when it comes time for kids to play with balls and bean bags. These are wonderful for active play. When using them, we want kids to throw, kick, catch, bounce, and dribble as much as possible! There are many kinds of soft balls that are good for young children's play. They include those made from yarn and sponge and come in various sizes. Use lightweight balls for kicking and dribbling.

Older children can play balloon volleyball, but avoid balloons for younger children due to choking hazards.

Young children can have fun shooting balls into a plastic laundry basket, bucket, or even a cardboard box. Bean bags can also be used for this.

Finger Plays

HOP, HOP, HOP

Find a foot and hop, hop, hop!
(Suit actions to words)

When we're tired we can
stop, stop, stop.

Turn around and count to ten.
Find a foot and hop again!

ANIMALS

Can you hop like a rabbit?
(Suit actions to words)

Can you jump like a frog?

Can you walk like a duck?

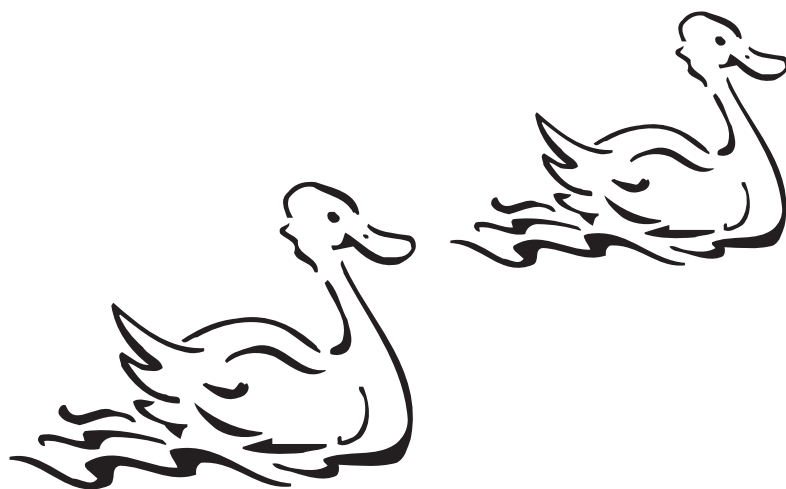
Can you run like a dog?

Can you fly like a bird?

Can you swim like a fish?

And be still like a quiet child,
Sitting here like this?

(Sit quietly with hands in lap)



Pennsylvania Pathways

Professional Development
for Child Caregivers

PENNSTATE



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College of Agricultural Sciences

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