

Oregon State University

Let's Go Play!

An activity guide filled with active play ideas and resources for use
with the Journey to a Healthy Child Care Home Program



Gunter, K.B., Sorte, J., Daeschel, I., Rice, K. (2010).
Funded by National Institute of Food and Agriculture (NIFA) 2008-04423



Welcome to *Let's Go Play!*

Play is essential for children's health and development and helps children to acquire critical skills that support successful learning. When play encourages children to be more physically active, there are even more benefits.

Children should participate in at least 60 minutes of active play every day. For children who spend a good portion of their day in child care, this means they need opportunities to be active in the child care environment. Child care providers can be positive role models for children in their care. Providing opportunities for active play throughout the day and limiting sedentary time is just one way to help children to become healthy, active individuals.

Let's Go Play is a tool for child care providers to enable more active play and reduce sedentary activities such as watching TV, or playing computer games. *Let's Go Play* has many ideas for active games and active play complete with details about how to modify activities for including children who span a wide range of developmental abilities.

Activities are organized alphabetically and include information about whether an activity is best for indoor or outdoor play, or both! Also included are helpful tips for changing activities to keep games fresh.



Table of Contents

Section I: Active Games and Play Ideas

Page Number	Activity Title	Setting
7.	A is for Arm Circles	Indoors or Outdoors
8.	All About Me Dance	Indoors
9.	Alpha-beta Yoga	Indoors
10.	Animal Acts	Indoors
11.	Animal Round Up	Indoors or Outdoors
12.	Balance Board Zig-Zag	Indoors or Outdoors
13.	Ball in the Well	Indoors or Outdoors
14.	Banana Balance	Indoors or Outdoors
15.	Beach Ball Roll Up	Indoors or Outdoors
16.	Bung-A-Low Ready Go!	Indoors or Outdoors
17.	Bunny Hop-hop-hop	Indoors
18.	Calendar Count and Weather Wiggle	Indoors or Outdoors
19.	Catch the Wind	Outdoors
20.	Chain Link Hustle	Indoors
21.	Chalk Shape Shifter	Outdoors
22.	Circle Tag	Indoors or Outdoors
23.	Cross the River – Cross the Lake	Indoors or Outdoors
24.	Dance Abiyoyo Dance	Indoors
25.	Dancing Body Parts	Indoors
26.	Energy Dance	Indoors
27.	Four Corners	Indoors or Outdoors
28.	Frame Your Feelings	Indoors or Outdoors
29.	Freeze Dance	Indoors
30.	Galloping Horses	Indoors or Outdoors
31.	Hoop Circus	Indoors or Outdoors
32.	Indoor Snow Fun	Indoors
33.	Leaping Lily Pads	Indoors or Outdoors
34.	Maypole	Indoors
35.	Movement Magnet Toss	Indoors
36.	Musical Shapes	Indoors
37.	Nursery Rhyme Fun- Jack and Jill	Indoors or Outdoors
38.	Nursery Rhyme Fun- Jack Be Nimble	Indoors or Outdoors
39.	Nursery Rhyme Fun- Little Jack Horner	Indoors or Outdoors
40.	On the Move to Hooper's Store	Indoors or Outdoors
41.	Over, Under, Around and Through	Indoors
42.	Parachute Party	Indoors
43.	Pillow Case Jump	Indoors or Outdoors
44.	Pirate Adventure	Indoors or Outdoors



Table of Contents Cont....

Section I: Active Games and Play Ideas

<u>Page Number</u>	<u>Activity Title</u>	<u>Setting</u>
45.	Pogo Hop	Indoors or Outdoors
46.	Rainbow Rockets	Indoors
47.	Row-Row-Row Your Boat	Indoors
48.	Scrambled Eggs	Indoors or Outdoors
49.	Sideways - Backwards Game	Indoors or Outdoors
50.	Slishy-Sloshy Water Walk	Outdoors
51.	Sock Flip and Skip Relay	Indoors or Outdoors
52.	Sponge Toss	Indoors or Outdoors
53.	Sponge Toss Yum Yum	Indoors or Outdoors
54.	Springtime Alpha-animal	Indoors or Outdoors
55.	Statues	Indoors or Outdoors
56.	The Red Balloon	Indoors or Outdoors
57.	Tightrope	Indoors or Outdoors
58.	Tossed Salad Hip Hop	Indoors or Outdoors
59.	Water Paints	Outdoors

Section II: Active Songs for Active Kids

<u>Page Number</u>	<u>Song Title</u>
61.	Bubbles
62.	Clean-Up Song
63.	Everybody Has a Name
64.	Follow Me, Follow Me
65.	For Story-Time
66.	Going Downstairs (Upstairs)
67.	Good Morning!
68.	Hands
69.	Hands Up High
70.	Hola Todos
71.	I Wiggle
72.	If You're Wearing Red Today
73.	I'm a Little Bubble
74.	It's Time to Clean-Up
75.	Jimmy Through the Forest
76.	Let's Clean Up
77.	Make a Circle
78.	Mary's Here Today
79.	Two Little Feet
80.	Where is Amy?



Table of Contents Cont....

Section III: Template for Writing a Policy for Physical Activity

<u>Page Number</u>	<u>Content Information</u>
82.	Active Play and Inactive Time
82.	TV Use and Viewing
82.	Play Environment
82.	Modeling Physical Activity
82.	Physical Activity Education

Section IV: Resources for Active Play and Reducing Screen Time

<u>Page Number</u>	<u>Content Information</u>
85.	Promoting Physical Activity
86.	Reducing Screen-Time



Let's Go Play!

Let's Go Play

Active Games & Play Ideas



A is for Arm Circles

Setting: Indoors or Outdoors

Source: adapted from an activity found at www.kidshealth.org

Tip: This is a great activity to use with children learning the alphabet.

Get Ready:

- A small or large space, with enough room for children to put their arms out to their sides and move in a circle without hitting another child or object

Get Going:

1. Start by singing the alphabet song together; “*a b c d e f g h i j k l m n o p, q r s t u v, w x y z. Now I know my abc’s, next time won’t you MOVE with me!*”
2. Now go through the alphabet again, but this time, do an activity that starts with each letter. See below for examples:

A is for arm circles

B is for balance (one leg)

C is for crawl

D is for dancing

E is for elephant steps (big stomps)

F is for frog jumps

G is for giggles

H is for hopping

I is for ice skating

J is for jumping jacks

K is for karate kicks

L is for leg lifts

M is for marching in place

N is for NOISY

O is for overhead (lift arms up)

P is for push up

Q is for quiet feet (tip toe in place)

R is for running in place

S is for SILLY moves

T is for toe touches (taps)

U is for UP (jump with arms up)

V is for violin (pretend to play)

W is for walking (walk around the room)

X is for xylophone (pretend to play)

Y is for yoyo (crouch down, jump up)

Z is for zig-zag walk

Next Time:

- Make up your own activities for each letter. Ask the children for help!



All About Me Dance

Setting: Indoors

Source: *Journey to a Healthy Child Care Home, 2010*

Tip: Ask children to think quietly about some of their favorite activities – the things that they really like to do. Offer suggestions if needed (play at the park, go swimming, play ball).

Get Ready:

- An open space for kids to move freely
- Music

Get Going:

1. Start out by saying “my name is [leader’s name] and I like to [state an activity such as play soccer]”.
2. Pretend to play soccer and then say “Won’t you play soccer with me?”
3. Invite all the children to do the movement (play soccer).
4. Call on another child and ask them what they like to do. “My name is Mia and I like ballet [Mia demonstrates ballet]. Won’t you do ballet with me?” [every one joins in].
5. Keep going until everyone has had a chance to show their “moves.”

Next Time:

- You can make it a memory game by having children repeat the previous child’s name and activity and adding their own. This is especially fun with older children.



Alpha-beta Yoga

Setting: Indoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Children's yoga books and videos are good resources to introduce new ways to move. Stretching and bending are healthy physical activities.

Get Ready:

- Open space to move - inside or out
- Children's book or video of yoga positions
- Yoga placemats - hand towels, or bath towels cut in half – one for each child
- Alphabet cards showing capital letters
- Camera

Get Going:

1. Choose your indoor or outdoor space to play
2. Lay the towels on the floor and ask children to stand on one towel. This is their yoga placemat.
3. Use the book or video to introduce positions to try with the children.
4. Give the children plenty of time to try to copy the positions with their bodies.
5. Now choose one of the alphabet cards. Ask the children to lay on the floor and position themselves so that together they form the letter of the alphabet. Encourage the children to bend and stretch to help form the letter.
6. Take a picture of the Alpha-beta Yoga letter the children's bodies form.
7. Post the picture for families to see.

Next Time:

- Invite children to invent other yoga positions. Give the position a name. Take a picture of the children shaping their bodies in the new positions. Post the picture with the new position's name for families to see.



Animal Acts

Setting: Indoors

Source: Adapted from *Sport For All*, ©2001 *Human Kinetics*.

Tip: This is a fun physical activity that you can pair with learning about animals.

Get Ready:

- A fairly large space is best, but this can be done in a smaller area cleared of clutter.
- Note paper and pencil (to make a list)

Get Going:

1. To begin the game, ask the children to tell you the names of different animals while you make a list.
2. Ask the children to demonstrate how each of the animals on your list moves. Give everyone a chance to practice.
3. Now ask children to walk around the room. Tell them when they hear the name of an animal they should move like that animal. Remind them to not touch or bump into anyone else.
4. Call out the name of the animal or insect. Remind children to move like that creature, such as a horse, bunny, frog, butterfly, inchworm, camel, alligator, spider, crab
5. Now invite a child to move like an animal or insect while everyone else tries to guess what they are based on how they are moving. If children have trouble guessing, ask the child to make the animal's sounds while the other children guess.
6. Continue the game until everyone has had a chance to move like an animal while the other's guess.

Next Time:

- Tell a story using the different animals on the list. As the story is told, encourage the children to move or make the sounds of the animal named.
- Encourage children to invent a story for the others to act out.



Animal Round Up

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Many children enjoy moving like animals. Support these activities both inside and outside by introducing fun activity ideas and then encouraging ways children can invent their own active play ideas.

Get Ready:

- Identify a space inside or outside or at the park
- Stuffed animals (invite children to bring their own, or use animals from your materials)

Get Going:

1. Place a marker (towel, carpet square, or sign) at 5 locations around the space.
2. Invite children to bring their stuffed animal to play the game. Gather children at one of the markers. Ask children to identify an animal and show the way the animal moves. For example, a dog might trot or run, a bear might lumber slowly, a horse might trot or gallop.
3. Tell the children to use the suggested movement to go to the next marker. Say, Gallop like a horse to the marker. Go!
4. Continue assisting the children to move around the course in this way. Remind children to choose some movements that are easier for the younger children, and to remember to keep from bumping into the smaller children.
5. When you return where you started, invite a child to be the Round Up Leader – calling on other children to choose a movement and to say, Go!
6. Encourage children to play the game on their own.

Next Time:

- Ask each child to take their stuffed animal and to choose one of the markers to be their dog house, or barn or home! Suggest that the children invite one another over to visit. Remind them to move like their animals.



Balance Board Zig-Zag

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tips: Children enjoy challenging their balancing skills. Make this balance course using stand sized wood from the lumber store. Ask your families if they would donate lumber pieces.

Get ready:

- Pieces of 2" by 4" lumber – 6 or 8 pieces at least 4 feet long
- Bean bags (at least 2)
- Space to lay out the course with no obstacles to fall against (a hallway indoors or open outdoor space).

Get going:

1. Lay the lumber pieces in a zig-zag line on a firm surface. Position the boards so the upper surface is the wider edge.
2. Invite the children to walk and balance along the zig-zag.
3. Ask the children to try walking the board again while balancing a bean bag on their heads.
4. This time have the children to try walking sideways. First without the bean bag, then balancing the bean bag on their heads.
5. Now place two bean bags along the zig-zag: one on the right side and one on the left side further along.
6. Ask the child to walk to the first bean bag, then balance on their right foot while crouching down to pick up the first bean bag. Then walk to the second bean bag, and balance again on their right foot while crouching down to pick it up.
7. Try again balancing on the left foot.
8. Invite children to invent new ways to boogie on the balance boards.

Note: Help support younger children to walk on the balance board by holding hands or letting them reach out to you as you walk along beside them.

Next time:

- Lay out the balance boards in new designs. If you have enough boards, lay them out like roads that join and circle back.



Ball in the Well

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Combining skills like running and tossing helps build coordination and it keeps children interested in appropriate physical activity.

Get Ready:

- Open space to move - inside or out
- Tubs, laundry size baskets or plastic buckets – 2
- An assortment of balls such as, small rubber ball, sponge, sock ball, tennis or ping-pong balls – about 12 total

Get Going:

1. Choose your indoor or outdoor space for quick movement.
2. Select the balls that are best for indoor or outdoor play.
3. Place all the balls in one of the tubs, baskets or buckets.
4. Place the other tub, basket or bucket on the other side of the play area.
5. Invite children to make a line. When you say “go” tell them to quickly grab a ball and run to drop it in the other tub, “the well”, then run back to get another ball.
6. Remind children to be aware of the smaller children and keep from knocking anyone over.
7. Next, divide the balls evenly between the two tubs. Place half the children at each tub. Then direct each group to pick up one ball from their tub and run quickly to put it in the other group’s tub. Have them run and move balls from their tub to the other group’s tub for 3 minutes. Then stop and count the balls in each tub.

Next Time:

- Invite the youngest children to play the game while the older children watch. Then have the older children play while the younger children watch.
- Place 3 tubs in the yard. Give children 3 balls each. Ask them to run past each of the tubs and toss one ball in each.
- Now place the tubs at a different level, such as on a chair, bench or table. Have the children run by tossing one ball in each tub.



Banana Balance

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Learning to balance while moving is a fun way to add challenge and movement into the day!

Get Ready:

- Banana, wash cloth, small pillow (one for each child if possible)

Get Going:

1. Introduce the idea of balancing an item on your head while you move.
2. Start by guiding children to walk across the room balancing a pillow on their head.
3. Encourage them to move slowly and quickly.
4. Have them try jumping while balancing the pillow on their heads.
5. Ask them to reach down and touch their toes while balancing the pillow.
6. Now try with a folded washcloth.
7. Talk about how the children control their bodies to successfully balance.
8. This time ask children to move while balancing a banana on their heads.
9. Which is easier? Which is harder?
10. If the bananas are still intact (not broken open) wash them and serve them for snack!

Next Time:

- Ask children to think of other things to try to balance as they move. Provide a basket of balance materials for them to invent new balancing moves.



Beach Ball Roll Up

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Rolling balls and hoops is an activity that has interested children of all generations. Try this activity to get kids moving. Beach balls are a good choice for rolling indoors as well as out!

Get Ready:

- Blow up beach balls – one for each child
- Space to roll and move

Get Going:

1. Provide blown up beach balls
2. Encourage children to roll the balls around a course, such as down the hall and back, around the big chair, across to the door and back to the table.
3. Add challenges, like crawling instead of walking or running beside the beach ball, rolling the beach ball under a table, or making a narrow space to roll the ball.

Next Time:

- Invite children to sit in a large circle with their legs sticking out in a “V.” Invite them to roll the balls across to one another catching them in the “V” of their legs. Sing a song together as you roll (try the A-B-C song or Twinkle-Twinkle Little Star).
- Provide hula hoops (or small hoops if available) and try rolling them down the driveway or sidewalk.



Bung-A-Low Ready Go!

Setting: Indoors or Outdoors

Source: *Oregon State University Kid Spirit Day Camp, 2009*

Tip: This is a call and repeat game that works well for children 4 and over. Younger children may need to watch and join in with your help.

Get Ready:

- Space to move freely

Get Going:

1. Demonstrate the game by helping the children understand that you are the leader and the children will follow. Go through the game slowly first to help children know when to listen and when to respond. Use a volunteer to help you with the first practice.
2. The Leader starts by calling out to a child:

Leader: Hey [child's name]

Child: Hey What?

Leader: BUNG!

Child: Bung What?

Leader: Bung-A-Low, Ready Go!

Child: My hands are high (lift hand overhead), my feet are low (bend and touch toes) and this is how I Bung-a-Low (does a dance move or silly move when they say this last verse)

ALL Repeat: Her hands are high (hands up), her feet are low (hands down), and this is how she Bung-A-Lows (repeat the child's special move while saying this last verse).

3. Continue until all children have had a chance to Bung-A-Low

Next Time:

- Mix it up by telling children they have to try different moves using, for example, use only their feet.
- Call on partners to demonstrate a movement.



Bunny Hop-hop-hop

Setting: Indoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Use this idea to inspire lots of animal play so children will jump and hop.

Get Ready:

- Provide paper, children's scissors, tape, and crayons
- Mark lines on paper pages to make strips about 2" wide and 18" long.
- Mark lines on paper in the shape of bunny ears.
- Cut one paper strip and two bunny ears. Loop the strip and join it with tape to make a head band. Tape on two bunny ears.
- Place the paper, scissors and tape on a table.
- Have a children's music CD ready to play.

Get Going:

1. Encourage the children to cut some of the strips of paper and cut bunny ears.
2. Invite them to color on the paper strips and ears.
3. Show them how to loop the strips to make a head band. Help children tape the bunny ears to the head band.
4. Put on some music and encourage children to do the bunny hop across the room and down the hall.
5. Play a hop and stop game. Hop when the music is on, and stop when the music stops.
6. Now try it the other way: hop when the music stops, and stop when the music plays!

Next Time:

- Encourage children to make other animal head bands. Have them invent a movement for each kind of animal – scamper like a kitty, creep like a bear, gallop like a wildebeest!



Calendar Count and Weather Wiggle

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Talk with children about the calendar. You can teach the names of the week (Monday, Tuesday ...) and the date (1-2-etc.). You may also discuss the weather each day too. Here are some ideas to add movement to these everyday activities.

Get Ready:

- Open space to sit - inside or out
- Calendar – Make a large calendar design on a large piece of heavy paper or tag board. With a ruler, mark 7 columns for each day of the week and 6 rows making 3" x 3" boxes for the dates. Write in the days of the week Sunday through Saturday. Leave the date boxes empty.
- Create 3" x 3" cards with the numerals 1 through 31. Laminate or cover these cards with contact paper for longer use.
- Weather chart – Make a chart with 5 boxes (3" x 3" each). Label each box for the day of the week, Monday – Friday.
- Clip pictures from a magazine or from the internet to make "weather cards" that show typical weather conditions: sunny, sunny & cloudy, cloudy, rainy, snow, windy. Make 5 copies of each weather condition and keep them sorted into envelopes.
- Use masking tape to post the calendar and weather chart on the wall at child height – or on an easel or back of a chair if you are outside.

Get Going:

1. Sit together in front of the calendar and weather chart.
2. Help children identify the day of the week (Monday – Friday).
3. Show children the card with the numeral for the date (#1 – 31). Tape the date on the appropriate box on the calendar.
4. Count from #1 to that day's date, and ask the children to jump as you count. For example, on the 12th of the month, point to #1, #2 and so on as you count out loud and children jump 12 times. Invite children to suggest other movements and do them 12 times.
5. Now ask children to look outside and describe the weather.
6. Select the appropriate weather card and ask a child to tape the card to the box for that day. For example, if it is raining on Tuesday, put the rain picture on the box for Tuesday.
7. Ask children to invent a movement for rain. Encourage them to stretch up to the clouds and bend down to the ground. Invite children to "rain" fast and slow. Add additional movements like marching through a mud-puddle, or jumping over a pond or wiggling to shake off the rain like a puppy.

Next Time: Collect a variety of movements for calendar and weather



Catch the Wind

Setting: Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Kites are toys that encourage children to run as they try to catch the wind. Lots of different materials can be used to make kites. Here are a few ideas.

Get Ready:

- Bandana kite – one bandana for each child; yarn or string
- Plastic bag kite – one bag for each child; yarn or string
- Paper kite – one piece of paper for each child; yarn or string
- Stapler or tape

Get Going:

1. Set out the materials.
2. Invite each child to select their bandana, bag, or paper.
3. Help the child to cut 4 pieces of yarn or string, each about 3 feet long.
4. Tie the yarn or string to the corners of the bandana, handles of the plastic bag, or staple or tape the string to the corners of the paper.
5. Gather the loose ends of the yarn or string together, and tie them together in a knot.
6. Encourage children to run in the yard or down the hall to make their kite fly.
7. Provide more paper and string so children can design their own kites.

Next Time:

- Cut pieces of fabric or sheets into 14" x 14" squares to make colorful kites.
- Cut strips of fabric or ribbons; tie several together at one end. Hold on to the knot and encourage children to run and let the streamers fly.



Chain Link Hustle

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Ask families to donate magazines to cut for colorful chain links.

Get Ready:

- Provide paper, children's scissors, tape, ruler and marking pen
- Mark lines on the magazine or paper pages to make strips about 3" wide and 11" long.
- Cut some strips to help children get started.
- Place the paper, scissors and tape in a tub or basket or pile on the floor.

Get Going:

1. Encourage the children to cut some of the strips of paper.
2. Show children how to make a paper chain by taping the ends of one strip of paper together to make a link. Then show them how to thread the next strip of paper through the first one, and tape the ends together to build the chain.
3. Encourage the children to continue adding to the chain.
4. Line the paper chain along the floor. Set a goal with the children to build the chain to reach from one wall to another, or to extend down the hallway.
5. Keep the paper and tape materials in one location at the beginning of the chain. This way the children will walk or hustle back and forth from the materials to the end of the chain.
6. At the end of the day, or when the chain making is done for the day, store the chain in a large bag.
7. Get the chain out on another day. Stretch it out across the floor and continue adding links.

Next Time:

- If the weather is nice, take the chain outdoors. Keep building until it reaches across the yard.



Chalk Shape Shifting

Setting: Outdoors

Source: Journey to a Healthy Child Care Home (2010)

Tip: Chalk can be used on many outdoor surfaces (blacktop, cement, slate, brick) and can be used on fences and walls because it easily washes off.

Get Ready:

- Sidewalk, driveway, patio, deck, fence or wall
- Sidewalk chalk set in a box or shallow container
- Old t-shirts or towels, damp sponges or chalk erasers to clean chalk off wall surfaces as needed
- Towels for hand-drying

Get Going:

1. Choose your outdoor space for children to draw.
2. Set out the chalk a good distance away from the area where shapes will be drawn. This way, children will have fun moving back and forth from the chalk container to the surface. Guide children to take one piece of chalk at a time to draw, and then run back to the chalk box to get a new color.
3. Encourage children to move to the drawing area to draw specific shapes – circle, square, triangle, star, oval, etc. Encourage them to spread out and cover a large area with shapes.
4. Once an area has been covered, have all the children return the chalk to the chalk container and prepare to “shift to the shapes.”
5. Call out an activity and a shape (e.g. “Hop on two feet to a circle, Crab walk to a square, ballet dance to a triangle) and encourage children to move to the shape you have called out by hopping, crab walking or ballet dancing.

Next Time:

- Let smaller children call out the shapes and older children call out the movements and vice versa.



Circle Tag

Setting: Indoors or Outdoors

Source: adapted from an activity found at www.kidshealth.org

Tip: This game can be played by children of all ages at the same time. It works best with at least 6 children.

Get Ready:

- An open room or a space outside so that the children can run freely

Get Going:

1. Designate one child to be "it"
2. Guide the "It" child to chase the others. As the "It" child tags another child they say "freeze" and that child must stop and stay still.
3. The child who is "It" keeps chasing and trying to tag other children. When a second child becomes frozen the two frozen children hold hands and make a circle.
4. Once they make a circle, they become unfrozen and are free to be chased again.
5. The adult can help children play by either by holding hands to help the "It" child chase and tag others or by helping the children who are tagged to find someone to hold hands with and form a circle to get unfrozen.
6. Have children take turns being "It."

Next Time:

- Adjust the rules for becoming "unfrozen." Have three children form a triangle, or 4 children to form a square in order to become "unfrozen."



Cross the River – Cross the Lake

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: You can use lots of different materials to make “rocks” for this activity. Play in the hallway of your home, or outside where you can make the river very wide!

Get Ready:

- Towels, cloth, carpet squares, placements, paper towels – for rocks. Choose materials for the rocks that are best for your setting. Towels might slip on a smooth floor – use rubbery placements instead.
- Rope or ribbon – for the river shore
- Choose an area in your home or yard to play
- Set out the rocks and shore materials

Get Going:

1. Introduce the activity by telling children that the goal of the game is to cross the river without falling in the “water.”
2. Show them the materials you have provided to be rocks and the shore.
3. Encourage them to stretch the rope or ribbon to make two shorelines, and space the rocks across the water.
4. Invite the children to leap from rock to rock across the water.
5. Encourage children to make a smaller river crossing for younger children where they can step from rock to rock.
6. Invite children to continue the play by changing the shores and moving the rocks closer or farther apart.

Next Time:

- Use the rope or ribbon to make a big “lake.” Space lots of rocks across and around the lake so children can leap along a line of rocks, or leap in lots of directions.



Dance Abiyoyo Dance

Setting: Indoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tips: Storybooks are a good source of ideas for games and movement activities. Check out this book from your library.

Get ready:

- The book, "Abiyoyo," by Pete Seeger
- The song, "Abiyoyo," By Pete Seeger, Fall River Music (check your music store or the internet)
- A ukulele, or other stringed instrument, or a self-made ukulele (a small box or shoe box with several rubber bands wrapped around it for "strings")
- Space to dance, inside or out

Get going:

1. Gather the children for the story.
2. Read the book, "Abiyoyo."
3. Invite the children to make the sounds described in the story (zzzzz for sawing wood), "stomp" when they hear Abiyoyo coming, and call out, "Eeeek I'm scared" as the story progresses. Then have the children pretend to be Abiyoyo, the monster, and dance when the ukulele is played (strum on the "ukulele.")
4. When the story is completed, ask the children to help you tell the story again. Choose children to take the part of the story characters and the monster, Abiyoyo. Invite children to stand up and act out their parts. In the end, have everyone dance until they have to lay down.

Next time:

- Invite children to invent dance steps for Abiyoyo. Take a picture of the children acting out the story and post it for families to see.



Dancing Body Parts

Setting: Indoors

Source: adapted from *Sport For All*, ©2001 Human Kinetics.

Tip: This is a great indoor activity and does not require very much space. You can engage children by having them pick out the dance music.

Get Ready:

- A clear, open space with enough room for children to spread their arms wide, and not bump each other.
- Music

Get Going:

1. Gather children to sit with you in a circle on the floor.
2. Teach them that you are going to call out the name of a body part and you want them to move that body part in some way while still sitting.
3. Start the music and call out a body part ("legs," "feet," "shoulders").
4. Encourage the children to move that body part.
5. After a minute or so, call out another body part.
6. Encourage children to make up their own movements.
7. Mix it up by calling out large body parts (head, arms, legs) and small body parts (eyes, nose, eyebrows).
8. Invite children to suggest body parts to move.

Next Time:

- Try dancing two different body parts at the same time.
- If you are outdoors, you can do this activity while standing. If you have hula hoops – have each child stand inside a hula hoop and try to do their dance inside the hoop.



Energy Dance

Setting: Indoors

Source: adapted from an activity found at www.kidshealth.org

Tip: Invite children to bring their own music or to suggest their favorite songs from your collection! This is also a great physical activity to teach children basic concepts relating food intake to energy output.

Get Ready:

- An open space for kids to move freely
- Music CD

Get Going:

1. Crank up the music and dance.
2. Slowly turn down the music, and tell the children to slow down their movements as the music gets softer (like they are running out of energy).
3. When they can't hear the music anymore, they have run out of energy and need to fuel their bodies.
4. Pretend to eat healthy foods for energy. Ask children to name a healthy food. Each time they name a healthy food, turn up the volume a little bit gradually increasing the volume of the music as they "eat for energy!"
5. Dance with lots of energy at normal volume again.
6. Repeat.

Next Time:

- Use pretend food, or pictures of food as props. Hold up pictures of foods (healthy and unhealthy). If the food is healthy children stay strong and keep dancing, if the food is unhealthy (candy, chips, soda) they lose energy and slow down.



Four Corners

Setting: Indoors or Outdoors

Source: adapted from *Sport For All*, ©2001 Human Kinetics.

Tip: This activity is best done in a large open space. A smaller area works well for smaller children as long as it is cleared of obstacles.

Get Ready:

- Four “cones markers:
 - If you are playing indoors, pillows, bean bags, socks or plastic cups work well.
 - If you are outdoors, cups, buckets, or stones are good markers.

Get Going:

There are so many possibilities for this simple activity.

1. Set out 4 markers to form a square. Make a bigger square for older children.
2. Guide children to move from one cone to the next. Encourage them to do a single movement as they travel from cone to cone (hop, skip, jump).
3. For older children, provide challenge by asking them to change their movement every time they come to a cone, like skip to the first cone, hop to the next, step sideways to the next and run to the last cone. For variety, set out pictures of each movement at each cone, or, for readers, set out signs with words like “hop”, “skip”, or “jump.”
4. After everyone has had a chance to make several trips around the square call out “reverse”. All the children should turn around and travel in the other direction.

Next Time:

- Encourage children to count the steps, hops, or skips it takes to get from one cone to the other. Have them count out loud.
- Challenge children to move from cone to cone using as few steps, hops, or jumps as possible.



Frame Your Feelings

Setting: Indoors or Outdoors

Source: adapted from www.atozteacherstuff.com

Tip: Stock up on heavy paper such as oak tag, or breakdown cardboard boxes for craft projects and active play. Ask families to donate boxes. Cardboard boxes make excellent pirate ships, race cars, and horse drawn carriages for little princes and princesses.

Get Ready:

- Cut at least two rectangular “picture” frames from sturdy paper or cardboard
- Choose an open play space. Room size is not really important, just be sure to clear the space of obstacles so children can move safely.

Get Going:

1. Have children create two lines on one side of the room.
2. Place the frames across the room on the floor.
3. Call out a word that reflects an emotion, such as happy, sad, silly, mad.
4. Encourage the children in the front of each line to run and pick up the frame, and make a face to reflect the emotion you called out.
5. Invite the rest of the children to make the same face back.
6. Tell the children to put the frames down and then hop, skip or jump back to the line while the next child hops, skips or jumps to the frame.
7. Call out the next emotion and repeat.

Next Time:

Instead of calling out an emotion, call out a movement (hop, crawl, gallop) and have children do that movement to the frame. When they get to the frame, tell these children to pick an emotion and make a face. Encourage the other children to guess what emotion it is and then make the same face back.



Freeze Dance

Setting: Indoors

Source: *Journey to a Healthy Child Care Home*, ©2010

Tip: This activity teaches children how to control their bodies and respond to music.

Get Ready:

- A large, clear, open space
- Music

Get Going:

1. Gather children in a circle.
2. Show the children how to move to the speed of the music. Play some very slow music and show children how to move slowly. Next play some faster music and show children how to dance faster with the music. Tell the children that when the music plays they can dance, but when the music stops they must FREEZE!
3. Turn on the music and encourage the children to dance according to the speed of the music (slow, fast, or medium).
4. After a few minutes, turn the music off and direct the children to FREEZE in whatever position they are in, and try to balance, and stand still.
5. Start the music again and children can continue dancing.
6. If children have trouble stopping when the music turns off, give them a count-down to prepare them for the freeze. For example you can count down from five and then turn off the music.

Next Time:

- Encourage creative movement by asking children to dance like animals or insects (elephants, butterflies, cats).



Galloping Horses

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: An interesting book can inspire physical activity if the right props are available. This activity includes a variety of movements.

Get ready:

1. Visit the library to find the book "Fritz and the Beautiful Horses" by Jan Brett
2. Props for inside activity: pillows, small rugs or carpet squares, rolled blankets or towels, crepe paper streamers
3. Props for outside activity: rolled blanket or towels, crepe paper streamers, jump ropes, shoe boxes, or chalk to draw lines

Get going:

1. Set up props to represent jumps. Inside set up pillows, small rugs (make sure they won't slip), crepe paper streamers or rolled blankets around the room creating a "track." Outside, use rolled blankets or towels, streamers, jump ropes or chalk to create a "steeple chase," or race across the yard.

Note: Adjust the challenge to fit children's ages and avoid tripping hazards. Be sure that jumps are small for toddlers to step over, and lay jump ropes on the ground rather than tying them across spaces.

2. Read and talk about the book "Fritz and the Beautiful Horses."
3. Describe and demonstrate different types of horse movement or "gaits," such as walking, trotting, cantering and galloping. Encourage children to try these movements.
4. Add and practice other types of horse movement including rearing, prancing and bucking.
5. Invite children to gallop, trot, walk, jump and canter around the track or race across the yard.
6. Encourage them to continue the horse play by identifying an area for the barn or corral, and offering carrots for snack.

Next time: Read a book about kangaroos such as "Jumping Kangaroos" by Michelle Levin and practice bouncing over props.



Hoop Circus

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Activities can take on fresh interest when the materials are located at different heights or the materials are used in different ways. Once you have introduced the new way to play, children will often continue the play and add their new ideas too!

Get Ready:

- Open space to move - inside or out
- Hoop – like a hula hoop
- Rope, string or ribbon
- An assortment of balls such as, small rubber ball, sponge, sock ball, tennis or ping-pong balls – about 10 total
- An assortment of scarves
- Tub or basket

Get Going:

1. Choose your indoor or outdoor space.
2. Hang the hoop from a branch, deck brace, ceiling hook, or a nail above a doorway. Hang the hoop high so that a child can walk under the hoop without bumping their head. (Supervise the play so children do not try to hang from the hoop.)
3. Select the balls that are best for indoor or outdoor play.
4. Place all the balls and scarves in a tub or, basket.
5. Encourage the children to stand on either side of the hoop and toss the balls and scarves to each other.
6. Now try running under the hoop while tossing a scarf through the hoop.

Next Time:

- Give a child 3 balls or 3 scarves. Ask them to toss them one at a time through the hoop, then run under the hoop fast.
- Try tossing a scarf through the hoop, running under and then catching the scarf before it drops to the ground.



Indoor Snow Fun!

Setting: Indoors

Source: *Journey to a Healthy Child Care Home*, ©2010

Tip: This is an indoor activity that allows snow play without the chance for frostbite! Ask families to donate old socks (with or without holes) that you can make into “snowballs”.

Get Ready:

- Socks, cotton balls, fabric scraps or shredded newspaper (make 30 if you can).
- Lightly stuff socks with the cotton balls, fabric scraps, or shredded newspaper. Sew or tie the ends off with yarn or string and cut away the excess sock. You don't want to just tie a knot in the sock as this makes one side of the “snowball” too hard for catching and throwing activities.
- Hula hoops and masking tape

Get Going:

1. Mark two starting lines with masking tape.
2. Create a pile of snowballs near each starting line.
3. Across the room create two circles using hula hoops set on the floor, or marked with masking tape.
4. Split the children into two groups, such as snow-boys and snow-girls. Ask each group to stand behind their line.
5. Ask the children to choose a way to move, like crawl, hop, or skip.
6. When you say go, guide each group to crawl, hop, or skip over to a snowball pile. Tell them to grab one snowball and “shovel” it (push it) over to their circle and then hop, skip, or crawl back for another snowball.
7. Continue playing until the children have shoveled all their snowballs to the circle!

Note: To accommodate younger children and keep it safe, it is a good idea to have two circles. One with closer to starting line for little ones and another farther from the starting line for bigger children

Next Time:

- Use different movement patterns. Add challenge by having the older children keep one hand behind their back, or allow younger children to pick up two snowballs at a time.
- Another fun snow game is to have children make snowman targets. Cut or draw a snowman on a cardboard box. Invite children to decorate the snow man. Tape the snowmen to the wall and have children toss the snowballs at the snowman.
- Show children how to stand behind a line and practice their throwing skills by aiming at different parts of the snowman.



Leaping Lily Pads

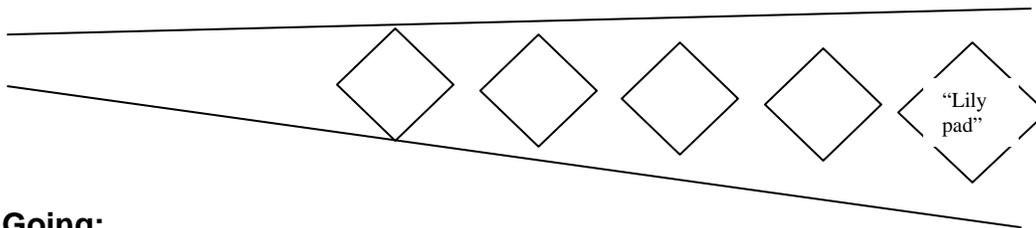
Setting: Indoors or Outdoors

Source: Adapted from *Sport For All*, ©2001 Human Kinetics.

Tip: This is a fun physical activity that you can pair with learning activities about bone health. Did you know? Jumping is a great activity to build strong bones!

Get Ready:

- A fairly large space is best.
- “River banks” - at least 5 long jump ropes or painter’s tape to make lines (or sidewalk chalk if you are playing this game outside on a paved or concrete surface).
- “Lily pads”—at least 5. These can be pillows for indoor play, small towels or washcloths (for indoors or outdoors), tape or chalk drawings (outdoors).
- Lay out the “river banks” and “lily pads” as depicted below.



Get Going:

1. Set up several river systems so that there are no more than 2 children at each station. This will help keep kids moving!
2. Ask children to start at the narrow end and try to jump using two feet across the river.
3. Now have the children move along the “river bank.” As it gets wider, and is harder to jump across, encourage them to jump to the “lily pads” to help them make it across without “falling into the river.”
4. You can remove some of the lily pads if you have older children or add more for younger children.

Next Time:

- Repeat the activity using different types of jumping activities (one-foot) and add some balance activities. For example ask children to try and balance on one-leg and count to three (1-2-3), each time they land on a lily pad.
- Arrange the jump ropes or tape in a circular pattern (large or small) to form ponds with “lily pads.” Jump from one “lily pad” to another around the pond.



Maypole

Setting: Indoors

Source: *Journey to a Healthy Child Care Home*, ©2010

Tips: This activity can be done any time of the year but is especially fun in May.

Get ready:

- crepe paper streamers
- tape
- music

Get going:

1. Choose one child to be the Maypole.
2. Give each child a length of crepe paper streamers
3. Select a song to play or download a May Day song from the internet.
4. Have the child who is going to be the Maypole hold on to the end of each child's streamer or tape one end of the streamer to the child's clothes.
5. When the music is playing, guide the children to dance in a circle around the "Maypole," letting the streamers wrap around the Maypole child.
6. When the music stops, have the children turn around and jump back around the child, until the streamers unwrap the Maypole child.
7. Repeat the activity until each child has a turn being a May Pole.

Next time:

- Create a Maypole using a slim tree, wash/laundry line pole or post. Tape the crepe paper streamers to the Maypole. Turn on music and let the children skip around the Maypole until they have used up their length of streamer. Have them jump in the reverse direction to unwind.



Movement Magnet Toss

Setting: Indoors

| Source: Adapted from an activity at www.preschoolrock.com

Tip: You can have children make their own magnets for this game.

Get Ready:

- Collect as many flat magnets as you can (like the ones that come on phonebooks).
- Choose a large metal appliance such as your refrigerator, washer/dryer, or magnetic white board.
- Clear the space and remove any breakable objects from the surrounding area

Get Going:

1. Mark a line a distance away from the appliance. You may have several lines; one for very young children and one for older children.
2. Tell children to toss the magnets so that they stick to the appliance.
3. Move the throwing line further away as they master the task.
4. To encourage more movement, have children retrieve their magnets and hop, skip, or jump back to the throwing lines.

Next Time:

- Use masking tape to mark a target on the appliance
- Have children try doing different activities while they throw
 - stand on one foot
 - turn in a circle (1, 2, 3 times) before the throw
 - do two hops and a twirl and throw
 - ask kids to invent their own movement combinations
- Have younger kids who don't have sufficient throwing skills hop, dance, or run right up to the target, place the magnet directly on the target, and hop, dance, or run back to the start line.



Musical Shapes

Setting: Indoors

Source: *Journey to a Healthy Child Care Home*, ©2010

Tip: This variation on musical chairs teaches children how to work together. It can also be used to help teach or reinforce children's understanding of colors, shapes, numbers or words.

Get Ready:

- Space to move – a large cleared space is best
- Colored construction paper cut into many different shapes (squares, triangles, circles, ovals). Prepare several of each shape in more than one color. If possible, have these laminated or cover them with clear contact paper so that you can use them over and over again. For safety, put non-skid tape on the back of each shape. You can use the same non-skid tape that you would put on the floor surface of the bathtub.
- Music

Get Going:

1. Spread all the shapes out on the floor.
2. Turn on some music and instruct the children to move **AROUND** and **BETWEEN** the shapes without touching them.
3. Call out the name of a shape (e.g. "square") and then turn the music off.
4. Encourage children to move to the nearest square. If there are more children than squares, encourage them to share a square. They only need to have one foot touching the shape.
5. Start the music again and encourage children to move around and between the shapes again.
6. Repeat by calling out the names of different shapes.
7. After all the shapes have been named, start removing some of the shapes from the floor and repeat the steps, calling out the name of a shape and turning off the music.
8. Continue removing shapes until there is only one shape left. As shapes are removed children will need to share touching the named shape when the music is turned off. Encourage the children to help each other get a foot on the shape.
9. Children "win" when they successfully help each other to stay on the correct shapes when the music stops.

Next Time:

- You can substitute markers with numbers, or words (with readers) in place of shapes.



Nursery Rhyme Fun – Jack and Jill

Setting: Indoors or Outdoors

Source: adapted from an activity found at www.atozteacherstuff.com

Tip: Read the nursery rhyme **Jack and Jill** before playing.

Get Ready:

- Large open space for children to walk, run and move around safely.
- Buckets (2 buckets for every 2-3 children)
- Plastic cups (one for each child)
- If you are playing this game indoors, you will need materials for children to scoop, such as rice or dried beans or even small toys like legos
- If you are playing outdoors, you will need sand or water.
- Music source (CD or radio or singing)

Get Going:

1. Set up the course. Fill half the buckets with rice, beans, sand, or water. Place them on one end of the playing area.
2. Place the empty buckets on the other end of the play area 5-20 feet away (closer for younger children, farther for older children).
3. Form the children into groups of 2 or 3. Have them stand beside their empty bucket. Give each child a plastic cup.
4. Show each group their “filled” bucket. Guide them to run to the full bucket, fill their cup, run back and pour the cup out into the empty bucket (trying not to spill).
5. Instead of making it a race – use music as your start and stop cues. Tell children to begin the game when the music starts and stop when the music stops. You can start the game by having everyone sing the Jack and Jill rhyme. The Wiggles also do a nice version of this song!
6. The game continues until all of the empty buckets are filled.

Next Time:

- Encourage the children to select a movement to use when they fill the buckets (walking backwards, hopping, skipping, jumping). This game is great to help develop problem solving skills. Ask children how to fill the buckets without spilling while they hop (e.g. cover the top of the cup with one hand; fill the cup with less sand, rice, beans, or water).



Nursery Rhyme Fun – Jack Be Nimble

Setting: Indoors or Outdoors

Source: adapted from an activity found at www.atozteacherstuff.com

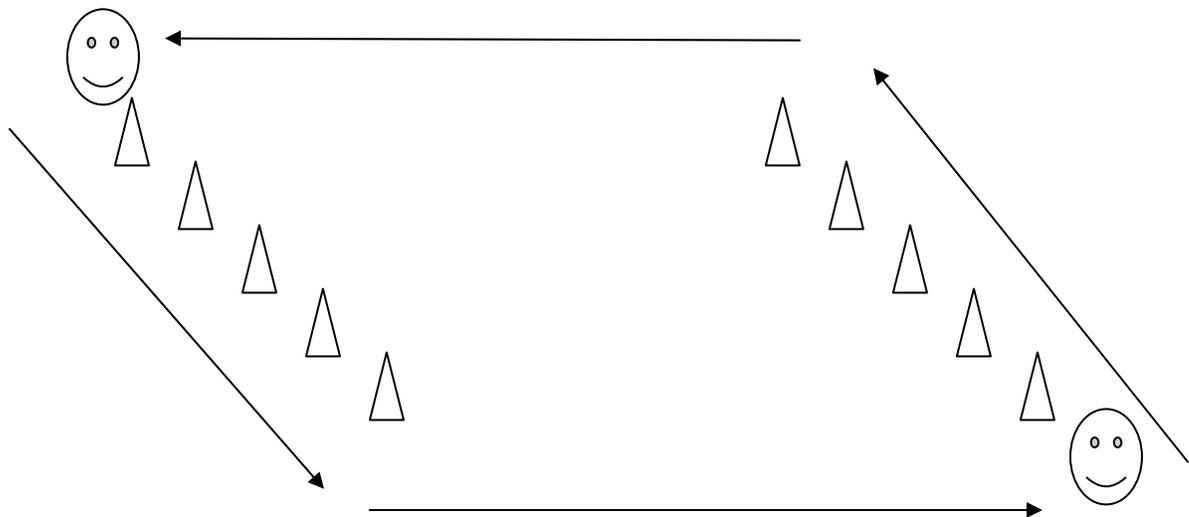
Tip: Read the nursery rhyme **Jack Be Nimble** with children before playing.

Get Ready:

You will need cones, rocks or other object to serve as “candlesticks”, and an open space (preferably outside) to run.

Get Going:

1. Make two lines of “candlesticks” that are a safe distance apart from each other across the playing area
2. Form the children into two groups and have one group line up at one end of the playing area and the other group line up at the opposite end.
3. Each group will be in front of a different set of “candlesticks.”
4. Start singing the nursery rhyme “jack be nimble” but insert children’s names as you go (e.g. Kathy be nimble, Kelly be quick, Stewart jump over the candlestick; Joanne be nimble, Inge be quick, Kelly jump over the candlestick).
5. Each child will run down one row and back the other jumping over the “candlesticks” each way (see image below).
6. Continue going until children tire of jumping and then insert a new activity (e.g. Kathy be nimble, Kelly be quick, Stewart skip around the candlesticks; Joanne be nimble, Inge be quick, Kelly skip around the candlesticks. This time have children weave in and out of the “candlesticks.”



Next Time:

- Use different movement patterns. Join in with the children!



Nursery Rhyme Fun – Little Jack Horner **Setting:** Indoors or Outdoors

Source: adapted from an activity found at www.atozteacherstuff.com

Tip: Read the nursery rhyme **Little Jack Horner** with children before playing.

Get Ready:

- Two pie plates (metal or foil)
- An open space with room to move around a large circle

Get Going:

1. Ask the children to form a large circle
2. Give two children the pie plates and ask them to hold the plates over their heads.
3. Begin chanting the Little Jack Horner rhyme and encourage the children to pass the pie plate around the circle. Once both pie plates have made it all the way around the circle – change the task. Encourage children to use one hand to pass the plate; ask them to squat down and pass it low; ask them to turn in a small circle in place before passing the plate.

Next Time:

- Try filling the pie pan with flour or water to add a challenge if you are outside. If you are inside, fill the pie pan with cotton balls or small blocks to add a balancing challenge. (Avoid items that could cause a choking hazard to small children.)
- Add challenge by guiding the children to pass the pans in opposite directions (one child passes to the right, the other to the left).



“On the move to Hooper’s Store

Setting: Indoors or Outdoors

Source: Adapted from www.healthykids.org

Tip: This story allows kids to get up and move while listening for directions. You may want to ask them if they can name some of the characters in Sesame Street before starting this activity to get them ready to listen to your story.

Get Ready:

- Make sure each child has enough space to move freely without hitting another child

Get Going:

1. Read the story below out loud. Pause at the capitalized action words so the children can act out the movements.

On the Move to Hooper’s Store

*Elmo, Zoe, and Big Bird are delivering Gina’s grocery list to Hooper’s Store, and they need your help! As they are **WALKING**, Elmo sees a giant puddle in front of them. What should they do? Elmo thinks they should **RUN** through the puddle as quickly as possible, but they could get very wet! Zoe thinks they should **LEAP** over the puddle. Big Bird wonders if he could just take one **giant STEP** over the puddle with his long legs. What do you think they should do?*

2. Ask for children’s ideas and then do some of the movements that they suggest.

*Good thinking! They are almost at Hooper’s Store when a sudden gust of wind carries the list up into the air. It gets stuck in a tree! Zoe thinks she could **JUMP** high enough to reach the list. Elmo imagines that he could **CLIMB** to get to it. Big Bird thinks he could **STRETCH** and **REACH** his arm up to get to the list. What do you think they should do?*

3. Ask for responses and then do some of the movements children suggest.

*Now they are in a humongous hurry. They all decide they need to **ZOOM** as fast as they can right to Hooper’s Store! How do you **ZOOM**? Great work!*

Next Time: make up your own stories with other well known characters! Keep your collection of stories for future use.



Over, Under, Around and Through – How Many Ways Can Children Move?!

Source: *Journey to a Healthy Child Care Home*

Setting: Indoors

Tip: This is a great activity that promotes movement and helps children learn the concepts of moving over, under, around and through obstacles.

Get Ready:

- Identify portable play equipment that you have available in your home such as, pillows, boxes, tube tunnels, chairs, and empty 2-liter soda bottles
- Move larger items such as chairs to allow children to travel around, under or over them easily. Make sure these furnishings DO NOT have wheels which can be a hazard.
- Scatter smaller portable play items around the room (or more than one room).

Get Going:

1. Talk with children about the concepts of over, under, around and through. Ask, "How can I go over this pillow? How do I go around the pillow? Can I go under the pillow? (If children say no – show them that you can by lifting the pillow over your head!).
2. Lead the children in a game of follow the leader as you move around the room. Ask the children to call out whether they are going over, under, around or through objects as you go.
3. Ask older children to lead the group and ask younger children to think of different ways to travel while moving from one obstacle to another (hop, skip, jump, crawl, or gallop).

Next Time:

- If you don't have a tube tunnel – make one by draping a sheet or blanket over some chairs or a card table!
- Change the placement of the portable play equipment to make a different obstacle course each time.



Parachute Party

Setting: Indoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Ask families to donate their well-used towels or old sheets to use as parachutes. Use smaller towels or cut sheets to make smaller parachutes for indoor play. Encourage children to stretch up and crouch down as you use the parachute.

Get Ready:

- Gather a flat sheet and marking pens

Get Going:

1. Lay the sheet out on a flat surface – floor or table. Put cardboard or newspaper under the sheet to keep the marking pens from marking the floor or table.
2. Invite children to use the marking pens to draw designs on the sheet.
3. Gather children around the edge of the sheet “parachute.” Show them how to hold on to the edges with both hands.
4. Practice lifting the parachute up slowly then down quickly to fill with air. Stretch up and crouch down as you pull the edges of the parachute down.
5. Try lifting the parachute up slowly then stepping under it as it falls down.
6. Invite children to take turns running under the parachute as it falls down.

Next Time:

- Place a small stuffed animal on the middle of the parachute. Lift the parachute up and down trying to make the stuffed animal “jump” but not fall off.
- Use children’s ideas for more parachute fun.



Pillow Case Jump

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Ask families to donate their well-used pillow cases, or look for these at the thrift store. Play this game in the hallway indoors or outside. This activity may be challenging for 3's and younger. Be sure the surrounding area is open so children can test their skills but not bump into corners or walls.

Get Ready:

- Gather materials: pillow cases (one for each child if possible), hand towels or carpet square "bases," 4 foot rope or ribbon for a goal line

Get Going:

1. Show children how to step inside the pillowcase and hold the open edge in their hands. Then guide them to try jumping.
2. For younger children, have them practice jumping while holding the pillow case – but not with feet inside.
3. Set towels on the ground for children to jump to.
4. Lay a rope or ribbon on the ground for a goal to jump to, or a line to jump over.

Next Time:

- Include pillow case jump as part of an obstacle course.



Pirate Adventure

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Children are likely to invent lots of active play when they have inviting props that introduce fun themes. Ask families to donate their well-used towels and plastic carton lids to add to the props. Set the stage for this kind of active fun either outdoors or indoors.

Get Ready:

- Find a good-sized box, tip a bench upside down or set out a blanket to create a pirate ship. Provide one or two smaller boxes for children to sit in as life boats.
- Gather props for “pirate play” such as bandanas for pirate hats, scarf belts, ribbon or 2”x 4” board for a plank, stuffed animals for pirate mascots.
- Provide paper for children to make props to add to the play, such as a ship steering wheel, a pirate flag (child designed), cardboard tubes for spy glasses
- Have children decorate a shoe box for a treasure chest. Use brightly colored paper or plastic carton lids for coins.
- Provide towels for sails or sleeping bags, and wash cloths or small towel pieces for jumping stones.
- Get some face paint to paint on a pirate eye patch

Get Going:

4. Set the ship in an appropriate indoor or outdoor play space.
5. Set out the props you have gathered.
6. Set out the paper and cardboard tubes. Invite children to make props (steering wheel, flag, spy glasses, paper sharks, fish and parrots).
7. Encourage children to wear the bandana scarf hats and belts.
8. Suggest ideas that add physical activity to the play, like placing the coins around the room or yard, and setting out cloth “jumping stone” for the children pirates to jump to as they gather the coins back to the treasure chest.

Next Time:

- Use children’s ideas to create additional props made from cardboard, like paddles for the boat. Set out a blanket to be an island for the pirates to visit.
- Invite children to plan a pirate picnic lunch menu to make, pack and eat in the ship.



Pogo Hop

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Jumping is a skill that begins during the toddler years and continues to develop as children gain skill and strength. Start easy with this challenge and increase as children's skills increase.

Get Ready:

- Open space to move - inside or out
- Jump blocks made from 14 - 18 inch lengths of 2" by 12" wood (3 or 4 pieces)

Get Going:

1. Set one jump block on a firm surface. One jump block will be about 1 ¾ inch high.
2. Encourage children to practice stepping up on the block and jumping down.
3. Now invite children to practice jumping from the floor up onto the block.
4. Add a second block, and repeat.
5. Try again with up to 4 blocks.

Next Time:

- Use the jump blocks in an obstacle course that includes running, leaping, crawling and jumping up and jumping down challenges.
- Invite older children who are more skilled to try jumping sideways up onto one block, and jumping sideways down.



Rainbow Rockets

Setting: Indoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Tossing and catching scarves provides a different experience from tossing and catching balls. Scarves tend to float down slowly which provide a chance for children to aim and snatch them as they fall. This activity provides great opportunity for tossing and jumping inside. Ask families to help you gather a group of scarves to have on hand for movement activities.

Get Ready:

- Scarves of different rainbow colors.
- Space Music

Get Going:

1. Place a pile of scarves in the middle of the play space
2. Invite children to choose one scarf.
3. Show them how to launch their scarf rocket by flipping their hand up fast and propelling the scarf to the ceiling then snatching it out of the air as it floats down to landing.
4. Count down from 5 saying, "5-4-3-2-1- take-off!" then tossing the scarf up.
5. Let the children practice launching and catching the scarf "rockets."
6. Suggest the try waiting till the scarf gets near the floor, then catching it just before it touches the floor.
7. Invite them to take the 2 rocket challenge. Hold a scarf in each hand and toss them up and catching them on the way down.
8. Suggest they add a jump to the take off, and keep on jumping until they catch the scarf.
9. Play some "space" sounding music while children launch and land their scarf rockets.

Next Time:

- Try the activity with scarves of different sizes.



Row-Row-Row Your Boat

Setting: Indoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Doing activities together as a group can be fun for children and Child Care Providers. Try some ideas like this to add activity even during rainy days.

Get Ready:

- Open space on the floor
- Small pillows

Get Going:

1. Sit together on the floor across from a partner
2. Stretch legs out so feet touch (taller children and adults may need to bend their knees!)
3. Hold hands.
4. Sing the song Row-row-row your boat and bend forwards and backwards like you are rowing.
5. Stretch waaaaay forward and lean waaaay back.
6. Now try it balancing a pillow on your head.
7. Now sit in a circle with feet in to the middle and holding hands with the person next to you.
8. Sing and row again.

Next Time:

- Sit in a circle and tell a story. As you tell the story, build in reasons for children to bend, lean, sway or reach as part of the storyline.
- Think of another song you can sing while you row.



Scrambled Eggs

Setting: Indoors or Outdoors

Source: *Journey to a Healthy Child Care Home*, ©2010

Tip: This game promotes movement and activity while also teaching a healthy nutrition message.

Get ready:

- Identify an outside space or large indoor area
- The book “Scrambled Eggs Supper” by Dr. Seuss
- Plastic eggs (enough for each child to find 5)
- Large skillet or pot

Get going:

1. Read the book “Scrambled Eggs Supper.” Tell the children that eggs are a healthy food because they give our bodies’ protein, vitamins and minerals. Talk about the different ways that eggs can be prepared, such as fried, scrambled, boiled, or over easy.
2. Invite the children to a large indoor or outdoor play space.
3. Explain that 5 eggs have been hidden for each child. Explain that when you call out, “**scrambled eggs**” they should run and collect the eggs one at a time, and bring them back to the skillet until they have found 5 eggs.
4. Help children count their eggs as they drop them in the skillet.
5. Now reverse the activity. Line the eggs up in a row. Tell the children that this time when you call out, “scrambled eggs” they should grab one egg and run to hide it. Repeat until each child has hidden 5 eggs.
6. When all the eggs are hidden call out “scrambled eggs” and let the children find the eggs again.
7. Plan to serve a scrambled egg dish for lunch. (See the *Let's Go Eat Healthy* activities.)

Next time:

- Invite children to invent other games using the plastic eggs, such as rolling the eggs across the floor with a wooden spoon.



Sideways - Backwards Game

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Changing directions is a good way for children to learn how to control their bodies. This game asks children to move sideways and backwards. Younger children might be more successful walking through these movements while older children can add challenge by jumping, leaping or moving quickly.

Get Ready:

- Rope, ribbon or chalk to make a line

Get Going:

1. Set the rope or ribbon out in a line on the floor or outdoors, or mark a line on the sidewalk with chalk.
2. Challenge children to walk along the line forwards.
3. Now ask them to walk backwards.
4. Change the speed – walk forward slowly; walk backwards quickly.
5. Now try it crawling.
6. This time ask children to walk along the line sideways – first one way, then the other way.
7. Try moving sideways slowly and then quickly.

Next Time:

- Use the rope or ribbon to make a line that curves instead of a straight line.



Slishy-Sloshy Water Walk

Setting: Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Activities involving water can be great ways to get kids active during warm weather. Be sure to supervise children during water play. Avoid setting out buckets of water that could be dangerous for toddlers. This activity works best outdoors where spills are just part of the fun.

Get Ready:

- Large yogurt containers, metal or plastic measuring cups, spoons of different sizes: mixing spoons and tablespoons (one for each child)
- Choose a space to play outdoors

Get Going:

1. Give each child a yogurt container to set at one side of the play area.
2. On the other side of the play area provide a large bowl of water.
3. Invite children to use a measuring cup to carry water from the bowl to their container.
4. Encourage them first to walk and try to balance the water as they move across the play space. Then run back to the bowl of water for more.
5. Ask them to try moving faster. See how fast they can move without spilling the water from the measuring cup.
6. Now have them move the water using a spoon.
7. For younger children, make the distance shorter and use large measuring cups.
8. For older children, make the distance farther and use large and wide mixing spoons.

Next Time:

- Add this kind of activity to an outdoor obstacle course.



Sock Flip and Skip Relay

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Children enjoy the challenge of new combinations of movement. They like to test their skills and show you what they can do. Invite families to donate their mismatched socks. This is a great indoor activity for a hallway.

Get Ready:

- Open space to move - inside or out
- Socks (lots!)

Get Going:

1. Show children how to roll socks starting from the toe and rolling up to the leg opening. When the sock is rolled as far as it can go, tuck your finger in the leg opening and stretch the opening out and around to turn the sock roll into a sock ball.
2. Help children identify a starting and ending point in your space.
3. Place all the sock balls in a tub or basket at the starting point.
4. Put an empty tub or basket at the ending point.
5. Invite children to pick up a sock ball and flip it into the basket at the ending point.
6. When all socks have been flipped to the end point, have children take turns skipping to the end.
7. Now have the children pick up a sock ball and skip it back to the start. Take as many trips as needed to retrieve all the socks to the starting point.

Next Time:

- Unroll the socks and try flipping them into the end basket. Have children put the sock on their head (or shoulder), or put them on their hands like mittens, as they skip back to the start.



Sponge Toss

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Indoor activities can be really active when the materials used are appropriate for the setting. For example, sponges and sock balls are good choices for indoor tossing and catching activities.

Get Ready:

- Open space to move - inside or out
- Soft dry sponges

Get Going:

1. Show children how to roll socks starting from the toe and rolling up to the leg opening. When the sock is rolled as far as it can go, tuck your finger in the leg opening and stretch the opening out and around to turn the sock roll into a sock ball.
2. Help children identify a starting and ending point in your space.
3. Place all the sock balls in a tub or basket at the starting point.
4. Put an empty tub or basket at the ending point.
5. Invite children to pick up a sock ball and flip it into the basket at the ending point.
6. When all socks have been flipped to the end point, have children take turns skipping to the end.
7. Now have the children pick up a sock ball and skip it back to the start. Take as many trips as needed to retrieve all the socks to the starting point.

Next Time:

- Unroll the socks and try flipping them into the end basket. Have children put the sock on their head (or shoulder), or put them on their hands like mittens, as they skip back to the start.



Sponge Toss Yum Yum

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Indoor activities can be really active when the materials used are appropriate for the setting. For example, sponges and sock balls are good choices for indoor tossing and catching activities.

Get Ready:

- Open space to move - inside or out
- Soft dry sponges, 8
- Cardboard or tag-board sheet, 3 feet square
- Marking pen
- Paints

Get Going:

1. Draw a funny face on the cardboard with marking pen. If it is autumn, make a laughing jack-o-lantern, if it is winter make a snowman face, if it is spring make a flower or insect face. Be sure to draw a very large mouth. Cut away the mouth section so children can “feed” the funny face target.
2. Invite children to help paint the funny face. Let dry thoroughly.
3. Lean the funny face against the wall. Place the sponges nearby.
4. Invite children to toss the sponges into the mouth.
5. When the sponges go in the mouth, encourage children to jump high and then crouch down to touch the floor 3 times. When the sponges miss the mouth, have children jump or hop to pick up the sponge and chant, *Funny Face wants to eat, yum, yum, yum! Try again!*

Next Time:

- Include the Sponge Toss Yum Yum funny face as part of an obstacle course that includes skipping, tossing and catching scarves and rolling along a line.



Springtime Alpha-animal

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Adapting familiar games to fit the season adds new fun ways to be active.

Get Ready:

- Open space to move - inside or out
- Plastic eggs (the kind that separate into halves) – 24
- Alphabet letter cards – Capital letters drawn onto 3" cards (12)
- Animal picture cards - pictures of animals cut from magazines or from the internet, glued onto small 3" cards (12)

Get Going:

1. Choose your indoor or outdoor space to play
2. Open the eggs, place one of the cards inside, and close the eggs again.
3. Hide the eggs in the play space.
4. Invite the children to run to find one egg. Have them gather at a meeting point when they have found one egg.
5. Ask the children to open their egg and show the picture card inside.
6. If the egg holds an alphabet letter, ask each child to try to form their body in the shape of the letter. Then ask the children to lay down on the ground and try to form the letter using all of their bodies.
7. If the egg holds an animal picture, have all the children act like that animal.
8. Next time ask the children to hop to find one egg. Then have them gather, open their eggs and stretch like the alphabet letter and perform the animal movements.
9. Continue the game, using different movements to search for the eggs (crawl, skip, gallop, jump, run backwards).

Next Time:

- Invite children to invent new cards to hide in the eggs. Ask older children to think about movements that the younger children might enjoy.



Statues

Setting: Indoors or Outdoors

Source: Adapted from *Sport For All*, ©2001 *Human Kinetics*.

Tip: This can be a great opportunity to practice balance with small children. It's also a fun activity that helps children practice controlling their moving body.

Get Ready:

- A fairly large space is best, but this can be done in a smaller cleared area. It's best if the floor is slip free.

Get Going:

1. Have children spread out and ask them to begin moving (walk, giant steps, hop) at random around the play space. Encourage them not to bump into each other.
2. On a signal, call out "stop." Children should stop moving and make a statue. Give ideas about the kinds of statues they can try: animals, positions (narrow, wide, arabesque), strong muscles, etc.
3. Encourage children to hold the position until you say "move" when they can move about again.
4. Repeat several times

Next Time:

- Hold statues for a short time (everyone counts: one, two, three; uno, dos, tres).
- Play with a partner and make different shapes together.



The Red Balloon

Setting: Indoors or Outdoors

Source: *Journey to a Healthy Child Care Home*, ©2010

Tips: Mylar or foil balloons are a good choice for active play without the worry of latex allergy or risk of choking. (When popped latex balloons often break into small pieces that are dangerous for babies and young children if the pieces are swallowed.) Watch for inexpensive Mylar balloons at discount or dollar stores.

Get ready:

- 5-6 Mylar balloons of different colors filled with helium. Tie the strings of these balloons together at the base to make a balloon “bouquet.” Tie a weight, such as a water filled 20 oz. beverage bottle to the balloon bouquet.
- 1 red Mylar balloon only half filled with helium, so it is droopy
- The book, “The Red Balloon,” by Albert Lamorisse
- Music
- Outdoor space or large indoor space

Get going:

1. Place the balloon bouquet to the side.
2. Gather the children for the story. Read the book “The Red Balloon.” The story tells of a boy, Pascal, who makes friends with a red balloon. At the end all the story balloons from all over Paris come and fly away with Pascal.
3. Set out the droopy red balloon. Turn on the music and encourage the children to tap the balloon back and forth while the music is playing.
4. When the music stops the child who is closest to the red balloon becomes “Pascal.” Hand this child the bouquet of balloons and encourage the child to run, leap, and “fly away” across the play space. Tell the other children to run after and follow the child with the balloons. Then return the balloon “bouquet.”
5. Repeat the game until each child has had a chance to fly away with the balloons.

Next time:

- Give each child a turn to run, jump, leap and skip holding the bouquet of balloons. Talk about how it feels to move holding the balloons.



Tightrope

Setting: Indoors or Outdoors

Source: Adapted from *Sport For All*, ©2001 Human Kinetics.

Tip: This activity helps children practice balancing. It's also a fun activity that helps children practice controlling their moving body.

Get Ready:

- A fairly large space is best, but this can be done in a smaller cleared area.
- Mark a line on the floor for each child (imagine a tightrope!). If you are playing outside, draw lines with sidewalk chalk. If you are playing inside, use painter's masking tape which removes easily from most surfaces.

Get Going:

1. Begin by having children walk normally the entire length of their line.
2. Next ask children to walk different ways: Heel to toe, on tip toes, sideways, backward.
3. After you have had a chance to do several different movements along the line, try jumping across the line in different ways: Forward, backward, side-to-side
4. Next encourage children to try balancing on their line. Can they balance on one foot? Encourage children to spread their arms out to the side to help them balance.
5. Can they walk or crawl down low?
6. Try balancing on one foot while crouching down to touch the floor.

Next Time:

- Encourage children to look up and not look down at their lines
- Try hopping on one foot the length of the line



Tossed Salad Hip Hop

Setting: Indoors or Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Tossing and jumping are great partner activities that get kids moving. You can do activities like these either indoors or out. Mix up the materials you use for tossing and catching to challenge the children and keep the fun level high.

Get Ready:

- Open space to move - inside or out
- Tossing materials - scarves, wash cloths, paper tissues, newspaper crushed into balls
- Music CD – find some fun tunes that make you want to hop and move fast and some that make you want to move slowly

Get Going:

1. Gather children to play in a group.
2. Place the tossing materials in a basket.
3. Demonstrate and invite children to practice tossing up and catching the various items.
4. Say the names of salad vegetables and fruits as you toss and catch the different materials.
5. Put on some music and encourage children to dance while they toss and catch all the various items.
6. Play some fast tunes and encourage children to “make tossed salad” - toss and dance quickly.
7. Play some slow tunes and guide children to move very slowly.
8. If appropriate, allow the children to use the CD player to make their own choices of music and to give each other directions about the game.

Next Time:

- Toss and name other foods, like foods for soup or toppings for pizza.
- Challenge children to toss and catch each of the materials 5 times each.



Water Paints

Setting: Outdoors

Source: adapted from *Health in Action* (Sorte & Daeschel, 2010)

Tip: Painting with plain water can be a fun and active outdoor activity – and there is little cleanup needed when you are done!

Get Ready:

- Sidewalk, driveway, patio, deck, fence or wall
- Large paint brushes
- Shallow tub of water
- Towels for hand-drying

Get Going:

1. Choose your outdoor space to play
2. Set out the paint brushes and shallow tub of water a good distance away from the area that will be “painted.” This way, children will have fun moving back and forth from the painting to the water “paint” tub. Remember to always supervise children carefully around any water activities.
3. Invite children to paint the sidewalk, driveway, patio, deck, fence or wall – whatever you have identified. Encourage them to really stretch to reach all of the areas that need painting.

Next Time:

- Hang large pieces of paper on a shrub using clothes pins. Provide watercolor paints and invite children to “paint flowers on the bush.”



Let's Go Play!

Let's Go Play

Active Songs for Active Kids



Song Title: Bubbles

Source: StepByStepcc.com

Tune: "Twinkle, Twinkle Little Star"

Get Ready:

This is a great song for outdoor time – or inside time in a space where it is safe (and acceptable) to blow bubbles.

Get Singing:

Bubbles floating all around,
(pretend to catch bubbles)

Bubbles fat and bubbles round,
(make a big circle w/ arms)

Bubbles on my toes and nose,
(point to toes; point to nose)

Blow a bubble. ..up it goes!
(pretend to blow bubble; point up)

Bubbles floating all around,
(pretend to catch bubbles)

Bub. . .bles fall. . .ing to...the...ground.
(sing slowly & sink to ground)



Song Title: Clean-up Song

Source: <http://www.songsforteaching.com>

Tune: Improvise a tune

Get Ready:

Get Singing:

Clean-up, clean-up
Everybody get some toys.
Clean-up, clean-up
All the little girls and boys.
Clean-up, clean-up
Everybody do your share.
Clean-up, clean-up
Everybody, everywhere.

Tip: Replace “get some toys” with another task that needs to be done.



Song Title: Everybody Has a Name

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready:

This song can be used when taking attendance as a group.

Get Singing:

Everybody has a name, you know,
You hear people say it everywhere you go.
Some names are short, some names are long,
We'll sing about your name in this song.

I see a boy/girl named _____;
_____ is sitting right there,
So please join in and sing with me,
As we spell his/her name with care:
_ _ _ _ _ _ _ _ . _____!

I see a boy/girl named _____;
_____ is sitting right there,
So please join in and sing with me,
As we spell his/her name with care:
_ _ _ _ _ _ _ _ . _____!

Tip: Have children repeat each letter of a name as it's spelled out.



Song Title: Follow Me, Follow Me

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready:

Have children line up (single file) behind the adult leading the song.

Get Singing:

Follow me, follow me

Do this, do this

Follow me, follow me

Do this, do this

Everybody clap your hands

Do this, do this

(repeat)

Everybody stomp your feet

Do this, do this

(repeat)

Everybody touch your nose

Do this, do this

(repeat)

Everybody stand so tall

Do this, do this

(repeat)

Now we are ready to go

Now we are ready to go.

Go.

Tip: Sing the song while wandering (walking) around indoors or outdoors.



Song Title: For Story Time

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready:

Have children stand to while preparing to sing and mimic the actions of the song.

Get Singing:

Sometimes my hands are at my side
(hold hands at side)
When placed behind my back they hide
(put hands behind back)
Sometimes I wiggle my fingers like so
(wiggle your fingers)
Shake them fast, shake them slow
(shake fingers fast and slow)
Sometimes my hands go clap, clap, clap
(clap hands)

Then I rest them in my lap
Now they're quiet as can be.
Come and listen to a story with me.
(sit down and rest hands in lap)

Tip:



Song Title: Going Downstairs (Upstairs)

Source: preschoolrainbow.org

Tune: Down by the Station

Get Ready:

Sing this song while you're going up or down stairs.

Get Singing:

Hand on the handrail
We'll go down (or up) together
Walking very carefully
All in a row
We'll walk very slowly
We're not in a hurry
Let's be quiet
As we go!

Tip:



Song Title: Good Morning!

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready:

Form a circle and prepare to make hand gestures symbolizing different parts of the song.

Get Singing:

Good morning, good morning
Good morning to you.
Put a smile on your face,
It's a brand new day

Good morning, good morning
Good morning to you.
Each day is a new gift to open and use.

Good morning, good morning
Good morning to you.
It's a brand new day.

The sun's rising up warming all on the ground.
The birds in the trees are singing the sounds...
It's a new day! It's a new day!
Join me and say...

Good morning, good morning
Good morning to you.
Put a smile on your face,
It's a brand new day

Good morning, good morning
Good morning to you,
It's a brand new day.

Good morning!

Tip:



Song Title: Hands

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready: Sing this song when trying to get children to quiet down

Get Singing:

My hands upon my head I'll place.
Upon my shoulders, on my face,
At my waist and by my side,
Then behind me they will hide.
Then I'll raise them way up high,
And let my fingers fly, fly, fly,
Then clap, clap, clap them--
One - Two -Three!
Now see how quiet they can be.

Tip: Have the children mimic the actions of the words described.



Song Title: Hands Up High

Source: preschooleducation.com

Tune: Improvise the tune

Get Ready:

Sing this song when trying to get children organized and quiet.

Get Singing:

Put your hands up high
Now your hands down low
Hide those hands, now where did they go
One hand up, now the other too
Clap them, fold them, now we're through.

Tip:

Repeat the first three lines as many times as you want before adding the last two.



Song Title: Hola Todos

Source: <http://www.songsforteaching.com>

Tune: London Bridge is Falling Down

Get Ready:

Have children practice saying the new words before starting the song.

Get Singing:

Hola todos, si, si, si,
Si, si, si; si, si, si.
Hola todos, si, si, si,
Si, si, si, amigos.

Hello everybody, yes, yes, yes,
Yes, yes, yes: yes, yes, yes.
Hello everybody, yes, yes, yes,
Yes, yes, yes, friends.

Tip: The bilingual song is a great way to introduce kids to different languages. Try to research how to say "Hello", "Everyone" and "Yes" in other languages and replace with the Spanish words in this song.



Song Title: I Wiggle

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready:

Prepare to wiggle the body parts as they are mentioned

Get Singing:

I wiggle my fingers,
I wiggle my toes,
I wiggle my nose,
I wiggle my shoulders,
Now no more wiggles are left in me,
So I will sit as still as can be.

Tip:



Song Title: If You're Wearing Red Today

Source: preschoolrainbow.org

Tune: Do You Know The Muffin Man

Get Ready:

Start by having children march or jog in place

Get Singing:

If you're wearing red today,
Red today, red today,
If you're wearing red today,
Jump up and say "Hoo-ray!"

Tip:

Work your way through other colors, or clothing items ie: If you're wearing a shirt/dress/shorts, etc. You can also insert behaviors that you want to reinforce; i.e. "If you played outside today...jump up and say Hoo-ray!" or "If you tried a new veggie today...jump up and say Hoo-ray!"



Song Title: I'm a Little Bubble

Source: StepByStepcc.com

Tune: "I'm a Little Teapot"

Get Ready:

This is a great song for outdoor time – or inside time in a space where it is safe (and acceptable) to blow bubbles.

Get Singing:

I'm a little bubble, shiny and round.
I gently float down to the ground.
The wind lifts me up and then I drop.
Down to the dry ground where I pop.

Tip:



Song Title: It's Time to Clean-Up

Source: <http://www.songsforteaching.com>

Tune: Frere Jacques

Get Ready: This is a great song to use to help encourage children to clean up a play area

Get Singing:

Are you helping,
are you helping
Pick up toys, Pick up toys
Let us all be helpers,
Let us all be helpers.
Girls and boys, girls and boys

Tip: Replace pick up toys with another task, i.e. set the table.



Song Title: Jimmy Through the Forest

Source: <http://www.songsforteaching.com>

Tune: Improvise the tune

Get Ready:

Good song to sing in preparation of winding down. Show children how to walk on their tip-toes.

Get Singing:

Soft-ly on his tip-tip-toes
Jimmy through the for-est goes. Sh! Sh! Sh! (repeat)

Tip: Substitute the children's names and location (rather than using only forest, try jungle, dessert, even hallway, etc...)



Song Title: Let's Clean Up

Source: <http://www.songsforteaching.com>

Tune: "Farmer in the Dell"

Get Ready: This is another great song for encouraging children to clean up between activities

Get Singing:

Let's clean up today
Let's clean up today
We've had our fun
Our day is done.
So, let's clean up today.

Tip: Continue to replace "today" with each day of the week. I.e. "Its clean up time on Monday"...Tuesday, Wednesday, etc...



Song Title: Make A Circle

Source: preschooleducation.com

Tune: Improvise the tune

Get Ready:

Sing this song when trying to get children organized and seated. Have children start by holding hands and walking to form in a circle.

Get Singing:

Make a circle, Make a circle
Make it round, Make it round
Make it in a hurry, Make it in a hurry (*walk faster/run*)
Then we'll sit down, Then we'll sit down.
(*Repeat as many times as needed, then end with:*
Now sit down, Now sit down.

Tip:



Song Title: Mary's Here Today

Source: preschoolrainbow.org

Tune: Improvise the tune

Get Ready:

Great for when someone has been absent, start with their name and then do the whole group.

Get Singing:

(running in place)

Mary's here today! WHOOOO!

(jump)

Mary's here today! WHOOOO!

(jump)

(clapping repeatedly while still running)

We all clap our hands to say: Mary's here today! WHOOOO! *(jump)*

Tip:

Start with the child who has been absent, and then do everyone in the group!



Song Title: Two Little Feet

Source: preschooleducation.com

Tune: Improvise the tune.

Get Ready:

Sing this song when trying to get children organized and seated.

Have children start by marching in place, and then stomp, clap, stand straight, turn around, and sit when called for in the song

Get Singing:

Two little feet go stomp, stomp, stomp
Two little hands go clap, clap, clap
One little body stands up straight
One little body goes round and round
One little body sits quietly down.

Tip:



Song Title: Where is Amy?

Source: preschoolrainbow.org

Tune: Frere Jacques

Get Ready:

Kids jump up when their name is called, and then do the action they are told

Get Singing:

Adult: Where is Amy? Where is Amy?

Child: Here I am! (jumps) Here I am!

Adult: How are you this morning?

Child: Very well I thank you! (runs up to adult)

Adult: Hop Away. Hop Away.

Tip:

Alternate through each child's name, and also change the activities, ie: skip, jog, crawl away.



Let's Go Play!

*Journey to a Healthy
Child Care Home*
Template for Writing a Policy
for Physical Activity



Template for Writing a Policy for Physical Activity

Title: (Your program's name or your name) Family Child Care Policy for Healthy Eating

Introductory Statement (example):

Children's health is important. This Family Child Care Home works to provide the best possible environment for healthy eating and active play for the children. To accomplish this I have adopted these policies. I appreciate support from the parents and families to promote the health of our children.

[or Write your Introductory Statement here]: _____

Physical Activity:

Active Play and Inactive Time

- At least 60 minutes of active play time is provided to all children each day.
- Children are given the opportunity for outdoor play more than once a day under most weather conditions.
- Children are not seated for over 30 minutes at a time more than twice a day.
- Child care providers do not limit active play time for children who misbehave.

TV Use and TV Viewing

- The TV is used only for viewing of educational programs
- Children are allowed to watch TV or videos no more than 1 day each week for an hour or less.

Play Environment

- Play equipment available to children is extensive and varied (this may refer to equipment at the child care home or at a nearby playground or school).
- Portable play equipment that stimulates growth motor skills is available every day.
- When weather isn't suitable for outdoor play, play space indoors is well suited for whole body activities.

Modeling Physical Activity

- Child care providers frequently participate in physical activity with the children.
- Child care providers demonstrate to children that being active is enjoyable.

Physical Activity Education for Staff, Kids, and Parents

- Child care providers employed by this child care home takes part in regular training opportunities on physical activity.



Let's Go Play!

- ❑ In this child care home we provide teach-directed physical activity education to children.
- ❑ This child care home provides information to parents about the importance of physical activity to children.



Let's Go Play!

Let's Go Play

Resources



Promoting physical activity

1. We Can! (Ways to Enhance Children's Activity & Nutrition):

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/about-wecan/index.htm>

The National Heart Lung and Blood Institute in collaboration with several other organizations is promoting *We Can!*, a national movement designed to give parents, caregivers, and communities a way to help children stay at a healthy weight. The website offers helpful links about getting active, reducing screen time, eating right, and more.

2. Let's Move:

<http://www.letsmove.gov/>
<http://www.letsmove.gov/blog>

Helpful tips and step-by-step strategies for families, schools and communities to help kids be more active, eat better, and grow up healthy.

3. Move More Every Day:

http://www.extension.org/pages/Move_More_Everyday

This site was created by a collaboration of University Extension Specialists whose work centers on promoting physical activity for all individuals. Find healthful tips and advice. There are even articles about creating a healthy child care environment.

4. Kids Walk-to-School:

<http://www.cdc.gov/nccdphp/dnpa/kidswalk>

KidsWalk-to-School is a community-based program designed to support the national goal of better health through physical activity. This program and website were created by the Centers for Disease Control and Prevention (CDC) Nutrition and Physical Activity Program.

5. Physical Activity Guidelines for Americans:

<http://www.health.gov/paguidelines/guidelines/>

If you are interested in the science behind the physical activity guidelines, this is the site for you. Filled with practical suggestions for every day, this site also contains links to the complete *2008 Physical Activity Guidelines for Americans* document that summarizes thousands of research studies that led to the physical activity recommendations that are being promoted nationwide.



Reducing Screen-Time

1. Active Bodies Active Minds- Minimize Screen Time Maximize Health:

<http://depts.washington.edu/tvhealth/index.htm>

The goal of this organization is “to ensure that environments for children ages 2-5 encourage minimum screen time and maximum physical activity.” The site has plenty of screen-time reduction information and resources for people who care for preschool-aged children. Resources include posters, tips, ideas, and even a power point training for childcare providers.

2. Helpful Ways to Reduce Screen Time:

http://www.extension.org/pages/Helpful_Ways_to_Reduce_Screen_Time

This site was created by a collaboration of University Extension Specialists whose work centers on promoting physical activity and reducing screen time with a particular focus on children.

3. We Can! (Ways to Enhance Children's Activity & Nutrition):

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

The National Heart Lung and Blood Institute in collaboration with several other organizations is promoting *We Can!*, a national movement designed to give parents, caregivers, and communities a way to help children stay at a healthy weight. The website offers helpful links about getting active, reducing screen time, eating right, and more.

General Health and Safety Resources

1. National Resource Center for Health and Safety in Child Care and Early Education:

<http://nrckids.org/>

The National Resource Center (NRC) is funded by the Maternal and Child Health Bureau, U.S. Department of Health and Human Services, Health Resources and Services Administration. The NRC's primary mission is to promote health and safety in out-of-home child care settings throughout the nation.

Of note is the recently released document Preventing Childhood Obesity in Early Care and Educational Programs which is available for download at this website (as of July, 2010).

2. U.S. Consumer Product Safety Commission:

<http://www.cpsc.gov>

Help keep children in your care safe by checking product recalls and safety news from the Consumer Product Safety Commission.