

# Infants

**The more you move your body, the healthier it will become, so be sure to move as much as you can each and every day!**

- Tummy time!
- Place a mirror in front of your baby while on her tummy to encourage her to lift her head to see her reflection.
- Someone lay down in front of your baby to encourage him to lift his head to see the person.
- While playing on back, hang toys (i.e. on a play gym) for your baby to kick and move with her feet.
- While on stomach or back, place toys off to your baby's side so he practices rolling to get to them.
- While playing on her tummy, place some toys just beyond your baby's reach to encourage her to reach for the toys and try to eventually scoot towards them. Make sure to help her reach them so she does not become frustrated!
- Sit behind or place pillows behind your baby to safely practice sitting and playing while sitting.
- Play with your baby standing on your lap while holding her. Sing songs, make silly faces and sounds, and have fun while your baby strengthens her legs.
- Play with your baby in kneeling position, with his arms and toys on your lap.
- Place couch cushions on the floor and your baby's toys on the cushion. Encourage your baby to reach them and play in kneeling position.
- Play catch by rolling a ball to your seated baby and helping them roll it back.
- Let your baby watch you hide an object and have your baby crawl or scoot to find it.
- Practice crawling through tunnels and under furniture together.
- Help your baby safely practice climbing steps on their bellies.
- Place toys on the couch and encourage your baby to pull up to standing to reach the toys and play with them.
- When your baby pulls to standing while holding onto a couch or low table, use toys or a familiar person to motivate them to "cruise (walking while holding onto something)" over to the toy or person.
- If two people are home, play a game of hide-and-peekaboo! One adult holds your baby's hands and helps him walk around while the other person hides and then says "peekaboo" when found.
- Once walking, play Follow the Leader together.
- Let your baby watch you hide an object and have your baby walk to find it.

**All of these fun activities are even more fun when family members try them too!**

# Toddlers

**The more you move your body, the healthier it will become, so be sure to move as much as you can each and every day!**

- Creep around the house on hands and knees. Move right hand with left knee, left hand with right knee.
- Find a hallway, and gallop like a horse.
- Roll on the floor.
- Duck walk down the hall when it's bath time!
- Put on your favorite music and dance for 10 minutes. Ask a family member to join in the fun!
- After bath time, tiptoe to your bedroom.
- Before breakfast, stretch your arms up like the sun and then touch your toes. Do this 4 times.
- Ask a family member to put a straight line of tape on the ground. Practice walking across the line with one foot in front of the other.
- Choose to take the stairs, not to elevator when out with your family. Practice alternating feet on each step.
- Sing and Dance to the Hokey Pokey with someone!
- Leap like a frog all the way across your home.
- Play a dancing game with a family member. Dance slowly to slower songs and fast to faster songs.
- Reach for something higher than your head and then reach for something lower than your belly button.
- Lie on the floor and make your body as long as you can! Then, make it as scrunched up and small as you can. Do this 4 times.
- Play Follow the Leader with someone and go all throughout your home.
- Jump with both feet over a piece of string or tape on the ground.
- Sing Head, Shoulders, Knees and Toes with someone!
- Play pass with someone. Practice rolling and throwing.
- Find a ball and see if you could walk with it between your knees. Try kicking it as well.
- Play Freeze Dance with someone! Freeze when the music stops and Dance when it plays.
- Sing and dance to The Wheels on the Bus with someone.
- Use balled up socks to aim and throw into an empty laundry basket.
- Move like your favorite animal all around your home.
- Go outside and run as fast as you can across your yard. Find someone to run with you!
- Make a tunnel with materials in your home and crawl through it!
- Pretend to be a snake and slither on your belly down a hallway.
- Walk backwards down a hallway.
- Roll like a pencil across your living room.

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# Preschoolers

**The more you move your body, the healthier it will become, so be sure to move as much as you can each and every day!**

- Sway from side to side like a large tree would do in a strong wind. Now from front to back – don't fall over!
- As soon as you get out of bed try to balance on one foot with the other foot as high as you can in the air. Now switch balancing feet.
- Skip everywhere you go today. (Step-hop; Step-hop)
- Use a paper plate or a face cloth under each of your feet and slide everywhere you go around the house today.
- Try to roll a small ball under every chair in your house.
- Run in place as fast as you can for 30 seconds. Tell a friend that you are running to the toy store, and then run again for thirty seconds.
- With your favorite music on, create a dance all on your own and then teach it to a family member.
- Pretend you are in a giant bubble that you don't want to pop. Make sure not to touch or bump into anything that could pop that bubble.
- Ball-up a pair of socks. Toss in the air and try to catch before they hit the ground. Do this ten times.
- Tip toe around your house four times making sure not to make a noise.
- Touch your toes six times each and then pat the top your head six times before touching your toes 6 more times.
- Wherever you walk today, walk in either a zigzag or curved pathway.
- Move your body in a very low level today. Do you look like a snake?
- Gallop like a horse everywhere you go around your house today.
- While brushing your teeth, shake your legs and arms for the entire two minutes.
- Put your favorite shirt between your knees and try to move around the house without letting it fall to the ground. How far did you get?
- Can you move around your house looking and sounding like an elephant; a lion; a cow; a bird?
- Put on your favorite music and dance for 10 minutes. Ask a family member to join in the fun!
- Collect all of the laundry in the house and put things where they belong. Do the same with the dishes.
- Ask a family member to take a walk. While walking, make up a funny story and tell it in your funniest voice.
- Find a rope or something narrow and then jump back and forth over it until you are too tired to continue. Take a break and then do it again!

- While eating breakfast, say each body part that you know and then touch that body part to the table. Be careful not to spill your breakfast!
- Touch something in your house that is higher than your head three times (High Level). Touch something at your belly level twice (Medium Level).
- While laying down, try to make your body as long as you can. Then try to make it bend and look like a pretzel. Do this five times each.
- Find your favorite book that has animals in it. Ask a family member to read it to you and while you listen, try to act like the animals.
- When putting on your shoes and socks, stretch your toes out away from you as far as you can. Now curl them back toward you as far as you can. Do this 5 times each.
- Before eating breakfast, sit in your chair and then stand up 20 times.
- Hop on one foot 10 times, then on the other foot 10 times. Ask a friend to do it with you.
- Walk to each door in your house and make your body as tall and as wide as the door each time you are near a new door.
- Jump up and down 5 times before you eat your breakfast. And then stretch your arms for 30 seconds after you eat your breakfast.
- Touch your toes ten times when you wake up and before you go to bed. (Ask a family member to do it with you!)

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