

Physical Activity Movement Calendar for Preschooler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ask your child to touch her toes ten times when she wakes up and again before she goes to bed.	Have your child jump up and down 5 times before he eats his breakfast and stretch his arms for 30 seconds after he eats his breakfast.	Walk to each door in your home with your child and try to make your bodies as tall and as wide as the door each time you are near one.	With your child, hop on one foot 10 times, then on the other foot 10 times.	Before eating lunch with your child, sit in your chairs and then stand up 20 times.	When your child is putting on his shoes and socks, ask him to stretch his toes out away from him as far as he can. Now curl them back toward him as far as he can. Do this 5 times each.	Find your child's favorite book that has animals in it. Read with your child and ask her to try to act like the animals.
Put on your child's favorite music and dance for 10 minutes together!	Collect all of the laundry in your home with your child and put things where they belong together. Or, do so with the dishes.	Take a walk with your child. While walking, make up a funny story together and tell it in your funniest voices.	Find a rope or something narrow. Ask your child to jump back and forth over it until he is too tired to continue.	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.	Ask your child to touch something in your home that is higher than his head three times (high level). Then to touch something at his belly level twice (medium level).	Ask your child to lay down and try to make her body as long as she can. Then try to make it bend and look like a pretzel. Do this five times each.
Move around your home with your child looking and sounding like an elephant; a lion; a cow; a bird.	Put your favorite shirt between your knees and try to move around your home without letting it fall to the ground.	Sway from side to side like a large tree would do in a strong wind. Now from front to back – don't fall over!	Encourage your child to gallop like a horse everywhere she goes around your home today.	Ask your child to move his body like a snake across your home (low level).	Wherever you walk today with your child, walk in either a zigzag or curved pathway together.	Ask your child to touch her toes six times each and then pat the top her head six times.
Give your child a paper plate or a face cloth to go under each of his feet and let him slide walk on a smooth surface.	Try to roll a small ball or a balled-up pair of socks under every chair in your home with your child.	Invite your child to pretend she's in a giant bubble. Have her move around, trying not to bump into anything that could pop that bubble.	With your child's favorite music on, take turns creating a dance move and then teach it to each other.	Run in place as fast as you can for 30 seconds with your child.	Ball-up a pair of socks for your child. Ask them to toss them in the air and try to catch them before they hit the ground. Do this ten times.	Tiptoe around your home with your child four times making sure not to make a noise.