

Physical Activity Movement Calendar for Toddlers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crawl with your toddler around your home alternating hands and knees.	Find a hallway for your toddler to gallop like a horse.	Encourage your toddler to roll on the floor like a pencil or a ball.	Duck walk down the hall when it's bath time with your toddler!	Choose to take the stairs, not the elevator, when out with your family. Your toddler can practice alternating feet on each step.	Find a small ball and see if your toddler could walk with it between her knees. Have her try kicking it as well.	Play Freeze Dance with your toddler! Freeze when the music stops and Dance when it plays.
Put a straight line of tape on the ground. Your toddler can practice walking across the line with one foot in front of the other.	Before breakfast, ask your toddler to stretch his arms up like the sun and then touch his toes. Do this 4 times.	After bath time, tiptoe together to her bedroom.	Put on your toddler's favorite music and dance together for 10 minutes.	Ask your toddler to reach for something higher than your head and then reach for something lower than your belly button.	Play pass with your toddler. Practice rolling and throwing together.	Sing Head, Shoulders, Knees and Toes with your toddler while touching those body parts!
Encourage your toddler to jump with both feet over a piece of string or tape on the ground.	Play a dancing game with your toddler. Dance slowly to slower songs and fast to faster songs.	Leap like a frog all the way across your home with your toddler.	Invite your toddler to make his body as long as he can. Then, make it as small as he can. Do this 4 times.	Sing and Dance to the Hokey Pokey with your toddler!	Play Follow the Leader with your toddler and go all throughout your home.	Move with your toddler like his favorite animal all around your home.
Bring your toddler outside and ask them to run as fast as she can across your yard.	Make a tunnel with your toddler with materials in your home and crawl through it!	Sing and dance to The Wheels on the Bus with your toddler.	Ask your toddler to pretend to be a snake and slither on her belly down a hallway.	Walk backwards down a hallway with your toddler.	Have your toddler use balled up socks to aim and throw into an empty laundry basket.	Roll on the floor in your home with your toddler.

