

## Active Play Movements to Try

Clapping    Grabbing    Squeezing

Rolling    Pressing    Arching    Stamping

Pushing    Pulling    Walking    Jumping

## Ideas for Physical Play Toys

Squeeze toys

Plastic bowling set

Bean bags

Activity tables

Wagon- low and open

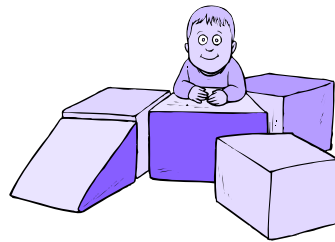
Tot tunnels- crawling

Ride-ons- moved by child's feet, no pedals, 4 wheels

Cymbals, drums, xylophones

Large, light weight balls

Small doll carriage

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# Physical Play Every Day!

## Fun Ways to Keep Your Child Active and Fit

(1 Year to 2 Years )

## Why Physical Play?

Physical play is important for healthy growth and development of young children.

Through active play, children learn:

- about their bodies,
- what their bodies can do, and
- how to control things around them.

A love of physical play is one of the most important gifts you can give your child.

The next page has physical play activities for 1 year to 2 year old children. As your child grows older they will be able to do more.

Try some of the following with your child and have fun!



## Let's Play!

**Body Part, Follow the Leader!** Move your body parts as you repeat the rhyme and encourage your child to do the same.

**"Can you do this.....?"**

**"Shake a leg..., touch your toes..., clap your hands... wave your arms..., make circles with your hips, wiggle your fingers..., grin with your lips."**

**Squeeze Me** Encourage your child to grasp, squeeze and release cloth, yarn or crumpled paper balls, and to move the object around different body parts.

**"Squish, crumple, squeeze,  
Grip, grasp, grab, please.."**

**Let's see, I'll be...** With your child pretend to be....

**A tree, moving in the wind..., the sun rising....., a cat arching its back..., a kangaroo jumping..., a train chugging along a track....**

**See What I Can Do Walk** Give your child a chance to walk winding pathways, up and down small inclines or hills, along ledges, and up and down low steps.

**"Follow me as we go, up and over high then low. Now I'll follow you wherever you go, moving fast or moving slow!"**