Active Play Movements to Try

Bouncing Tossing Galloping Hopping

Darting Dashing Flying Wandering

Jumping Searching Tossing Trudging

Slithering Twisting Exploring Hiding

Ideas for Physical Play Toys



Tricycle**, stick pony

Foam flying disks

Wading pools

Whiffle balls

Double blade ice skates

Adult-like push toys: shopping cart, doll strollers,

vacuum, lawnmowers

Light weight pedal ride-ons

Soft baseball and bat

Pillow cases, ribbon wands, jump ropes

Cymbals, drums, xylophones

Light weight balls for bowling or basketball games ** Wear safety helmet. New Hampshire Department of Health and Human Services, Division of Public Health Services, Nutrition and Health Promotion Section, WIC Program, 29 Hazen Drive, Concord, NH 03301 Adapted from Hofstra University 's "Parent's Guide to Physical Play". 2008



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 children ages 3 and 4 years old. 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

Read, **Run**, **and Race About** Pick a favorite action storybook and encourage your child to act out the actions and expressions of the characters as the story is read aloud.

Ride 'em Cowboy/girl Place a jump rope under your child arms and grasp the "pretend reins" as your child gallops around.

"Giddy up horse walk...., trot..., run..., Whinny "whee hee hee!" oh what fun. Riding together, just you and me, galloping across our wide prairie."

Bodies in Motion Ask your child to follow along.

"Our bodies are made of special parts.

Wave your arms (child's name), Shake a leg..., Nod your head..., and touch your chest to feel your heart. Stamp your feet (child's name), Snap your fingers..., Rub your belly..., And wiggle your toes..., Now stand very tall and touch your nose."

Cape Capers Have your child use a small blanket or bath towel as a cape, hold out his/her outstretched hands and follow along:

"Flap your wings like an eagle in the sky...., then soar like an airplane flying high..., float like a ghost and say "WHOOO!" Then drift like a giant cloud in the sky



of blue, become a super hero, dash and dart about. "I am coming to the rescue!" Is what you want to shout."