

Active Play Movements to Try

Hopping	Bouncing	Tossing	Galloping
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
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Physical Play Every Day!

Fun Ways to Keep Your Child Active and Fit

(Ages 3 and 4 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 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."

