Active Play Movements to Try

Clapping Grabbing Squeezing

Rolling Pressing Arching Stamping

Pushing Pulling Walking Jumping

Ideas for Physical Play Toys

Squeeze toys

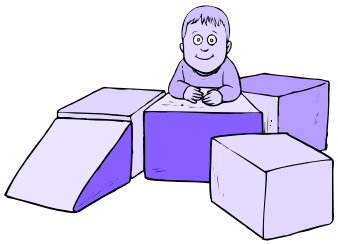
Plastic bowling set

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

New Hampshire Department of Health and Human Services,
Division of Public Health Services, Nutrition and Health Promotion Section,
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Adapted from Hofstra University 's "Parent's Guide to Physical Play". 2008

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.

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