

Active Play Movements to Try

Marching Shuffling Running

Rolling Climbing Sliding Waddling

Turning Holding Balancing Jumping

Twisting Exploring Hiding

Ideas for Physical Play Toys



Pull toys with strings

Wagon

Light wheelbarrow

Hippity hops

Spinning seat

Rocking Horse- waist height, with handles

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

Light weight balls for bowling or basketball games

Cymbals, drums, xylophones

Play barrels



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Physical Play Every Day!

Fun Ways to Keep Your
Child Active and Fit

(2 Years to 3 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 2 year to 3 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!

Chase Me, Chase Me! Playfully chase your child safely throughout your house or playground and hug and say the following upon capture.

**"You chase, I flee can you catch me?
All around we run. Exercise is so much fun!"**

Super Kids Increase your child's ability to jump and land safely by holding his/her hand while jumping from low steps, curbs, or boxes. Have your child practice landing on both feet and bending their knees when they land.

**"We'll leap tall buildings with a single bound.
Landing firmly on the ground. Super kids can
jump this way, because they practice every
day."**

Balance Trail Design a balance trail of objects such as a wooded plank, a twisted rope and taped pathways that encourage your child's movement and improve balance skills.

**"Watch each step as you follow the trail.
Begin moving slowly like a snail. Raise your
arms out from your side. It helps your
balance if you hold them wide!"**

Log Rolling Show your child how to make a long, stiff log shape on the floor with his/her fingers held above their head so they "hide" their ears. See if your child can "roll like a log" by keeping his/her legs stretched and "glued" together.

**"Logs roll down a hill,
then off they go to the saw mill"**