**Activity: Tight Ropes**

Make a straight line with chalk on a safe sidewalk or driveway or in the dirt using a stick. Have your child walk along the line, as if they are on a tight rope or balance beam. Let them try walking forwards, backwards, and sideways along the tight rope, or hop on and off. Inside, make a line using masking tape on the floor.

**Too easy?** Instead of making straight lines, make a trail or path with some twists, turns, and corners. Draw rivers to cross, logs to jump on, and other challenges. Have your child follow the winding path. Play again and have your child help make the path.

**Number of players:** 1+

**What you need:** sidewalk chalk or masking tape

**Activity Level:** Low

---

**Activity: Ball Toss**

You can teach your child how to throw in different ways—underhand, overhand, overhead, under the leg, right hand, and left hand. You can also toss it back and forth and count how many times you toss it and it stays in the air.

**Too easy?** Instead of using yarn balls, use a rubber ball and play catch using many different ways of throwing the ball and catching it. The size of the ball will also make a difference in how easy or difficult the activity is for children.

**Number of players:** 1+

**What you need:** a ball of yarn or a couple of balled up socks

**Activity Level:** Low

---

**Activity: Balancing Act**

Grab the yarn ball or sock and see if your kids can place it on your shoulder? Your knee? Your stomach? Your foot? Your back? When your kids master this, you can have them balance it on their own body. Play again, this time, both you and your child have a ball. You each take turns saying where to balance the ball on your bodies.

**Too easy?** Have the kids try balancing the ball on their body while walking in circles, jumping, or doing other movements that make it more difficult to keep the ball balanced.

**Number of players:** 1+

**What you need:** yarn ball or a couple of balled up socks

**Activity Level:** Low
Activity: Mirror Me

Have child stand facing you or another person. As one person moves, the other person does the same, as if they are a mirror image. Try fun poses with body parts and facial expressions.

Too easy? Have the kids try balancing on one foot, standing on their toes, or other things that make the activity more difficult to mirror. They can also mirror dance moves to music!

Number of players: 2+

What you need: nothing

Activity Level: Low

Activity: Obstacles

Create an obstacle course with several objects your child can pass over, under and through. Try it outside with lawn furniture and cardboard boxes of various sizes. Large cardboard boxes can be cut to create a tunnel, or just left open at both ends. Be sure to recycle the box when you are done playing with it.

Too easy? Let children move safely through, under, over and around large objects in your home. Drape sheets over chairs or tables or use large boxes to create “tunnels.” Have children pass through tunnel, moving forward and backwards, slowly and more quickly.

Number of players: 1+

What you need: large boxes, chairs, tables, sheets, and other household items

Activity Level: Low

Activity: Shoot Hoops

Place the container about 5 feet from child. Have the child try tossing the ball into the container.

Too easy? Increase the distance between the child and the basket. Or, change the size of the basket- making it smaller will increase the difficulty level. Have the child try other ways of throwing the ball, such as turning their back to the basket or closing their eyes. Remember to recycle the box when you are done.

Number of players: 1+

What you need: a ball and a container such as a laundry basket, a bucket, or a paper bag.

Activity Level: Low

Activity: Target Toss

Throw the ball or bean bags into the different shaped holes in the side of the box. Try helping your child learn to toss underhand and overhand, and try having them stand at different distances away from the target. You can mark the distance from the box on the ground using making tape on the floor or, if you play this game outside, a line in the dirt or sidewalk chalk.

Too easy? Increase the distance between the child and the box or try harder ways of throwing the ball or bean bags at the holes in the box.

Number of players: 1+

What you need: a ball or bean bags and a large box with different shapes cut in one side

Activity Level: Low
Active Kids

Active Kids

active kids

Active Kids

Active Kids
Activity: Marching Band

Make some instruments using dried beans in a closed container to shake, spoons to bang on pots, rubber bands to stretch over open containers and pull the rubber bands to make noise. Let each child have his or her own instrument. March around the yard or in the house.

Too easy? Try coming up with different types of music to play.

Number of players: 1+
What you need: containers with lids, dried beans, spoons, pots and pans, rubber bands
Activity Level: Medium

Activity: Rabbit Hole

Lay the yarn on the ground, making small circles (these are the rabbit holes). When ready, say "Rabbits where are you?" and have children hop in or out of the circles.

Too easy? Chase the “rabbits” when they are outside of their rabbit holes and gently try to capture them before they hop into another hole.

Number of players: 1+
What you need: 3 foot pieces of yarn made into circles, ends taped together and placed on the floor or ground
Activity Level: Medium

Activity: Tidy Up Toss

Have your child pick up outside toys and put in box for points. Or have your child toss a ball, beanbag or snowball into an empty box or bucket outside. Try both overhand and underhand throwing. Inside, have child pick up toys, books, games and put in box for points, or toss ball or bean bag into empty box, laundry basket or wastebasket.

Too easy? As your child’s skills get better, have them take steps away from the box and hop to it and then put the items in.

Number of players: 1+
What you need: an empty box
Activity Level: Medium

Activity: Bottle Catch

Cut the bottom off an empty plastic gallon milk jug to use as a catcher. Save the top end with the handle. If the cut edge is sharp, cover it with tape. Make a catcher for each player.

Go outside and let your child place a yarn ball or beanbag in the catcher, toss it up and then catch it. They can also throw it underhand to another person. The other person catches it in their catcher and throws it back.

Too easy? If it is too easy playing catch this way, increase the distance between players.

Number of players: 1+
What you need: a yarn ball and for each player- a clean, empty, plastic milk jug
Activity Level: Medium
Activity: Kick Course

Set up containers around the room or yard. Have your child kick the ball around each container as they go around the course.

Too easy? If you want, time how quickly your child can finish the course. Play again and have your child kick two balls at a time through the course.

Number of players: 1+
What you need: a yarn or other kind of soft ball for each player and several containers, such as boxes and wastebaskets
Activity Level: Medium

Activity: Bowling

Set up six or more empty milk jugs, cereal boxes, or plastic bottles at one end of the sidewalk or on smooth ground. Ask your child to stand at the other end with a ball and roll the ball into the jugs or boxes. Count the number knocked down. If there is more than one child playing, let them take turns—one child can set them up, one can knock them down.

Too easy? Role the ball from further away.

Number of players: 1+
What you need: a soft ball and several containers, empty milk jugs, 2-liter bottles or cereal boxes
Activity Level: Medium

Activity: Freeze Dance

Put on some music or make your own, and let your child dance. Explain to your child that when you stop the music, everyone freezes. Start dancing when the music comes on again.

Too easy? Try to do more difficult dance poses, ones that require more balance or strength.

Number of players: 2+
What you need: music
Activity Level: Medium

Activity: Hopscotch

Mark out a hopscotch board outside with sidewalk chalk or in dirt using a stick, or inside using masking tape on the floor. Have your child toss the sock onto square one and then hop or jump onto square one and pick up the sock. Toss the sock onto square two and so on. When they get to the top, turn around and go back down to square one. If there is more than one player, have children take turns.

Too easy? If you start out hopping on two feet, switch to just one. Play again and toss the socks onto every second, third, or fourth square so they have to jump farther.

Number of players: 1+
What you need: masking tape or sidewalk chalk and a balled up sock or bean bag
Activity Level: Medium
Activity: Read and Run

Choose a favorite action storybook and encourage your child to copy the actions (if they are safe) and the expressions of the characters as you read the story out loud to them.

Too easy? Pick books with harder tasks to do.

Number of players: 2+
What you need: an action storybook
Activity Level: Medium

Activity: Airplane

Have your child put out their arms and move around like an airplane... take off, fly, zoom, and land.

Too easy? Try making up more details—fly around a tree, between polls, or through a cloud. Create a story to go with the imaginary flight.

Number of players: 1+
What you need: nothing
Activity Level: High

Activity: Chase Me

Chase your child safely through the yard, the playground or the house. Outside go up and down hills, zig and zag, go fast and slow, and backwards and forwards. Hug them gently upon capture!

Too easy? Have them chase and catch you. Be careful to make sure they can keep up with you and they do not fall or trip because they are running too fast.

Number of players: 2+
What you need: nothing
Activity Level: High

Activity: Roll and Tumble

Have your child roll, tumble, bend and stretch outside on a soft grassy area, in the leaves, or in the snow. Inside, try this on a mat, mattress, rug, carpet, or blanket.

Too easy? Help your child do a forward roll. Have your child squat and place their hands flat in front of them on the ground. Have him or her press on the balls of his or her feet, stick their bottom up in the air, tuck their chin in towards the chest, place their head between their knees, and roll forward on the back of the head.

Number of players: 1+
What you need: nothing
Activity Level: High
Activity: Bubble Chaser

Make some bubble solution several hours ahead of time out of dish soap and some water. Let your child blow bubbles and have fun chasing, popping or stomping them! This works best outside in the shade, or on a cool, cloudy day.

Too easy? Blow bubbles high in the air and have your child jump higher to catch them, or have them try to pop them before they reach the ground. Try popping them with a finger, an elbow, a knee, and other body parts!

Activity: Jump On Over

Draw two lines on a safe sidewalk or driveway using chalk or draw two lines in the dirt, side-by-side, about one foot apart. Have your child jump across the “river” to the other side - being careful not to get their feet wet!

Too easy? You can make the river wider as your child’s jumping skills improve. Have child jump forward, sideways and backwards.

Activity: Square Hop

Make a pattern of squares on a safe sidewalk or driveway with sidewalk chalk, or in the dirt using a stick. Have your child hop in and out of each square. Indoors, make squares around the room on the floor using masking tape.

Too easy? Have your child try hopping on one foot from square to square, then try the other foot. Play again and hop to music.

Activity: Frog Hop

Have your child squat down on the lawn, sidewalk, or floor- like a frog. Have them reach forward, putting their hands on the floor. Then have them jump their feet so they land close to their hands. Try big and small leaps and have them make frog sounds as they jump!

Too easy? Draw lily pads with sidewalk chalk on a safe sidewalk or driveway, or draw lily pads in the dirt or even in the snow. Let your child jump on and off the lily pads, increasing the distance between them to make it more difficult. To play inside, make lily pads out of cardboard or paper. Decorate the lily pads and use masking tape to secure the lily pads to the floor so your child won’t slip when they land on them.
Activity: Ribbons

Move around outdoors with scarves or ribbons. Vary movements from slow and gentle to quick and lively. Move with just one scarf or several. Try making circles, zigzags, figure 8’s and waves with the scarves in the air.

Too easy? If you have a radio or CD player, try moving to different types of music using the scarves or ribbons. For different types of music, make different shapes in the air! Play again and put on a show. Play dress-up and have the scarves and ribbons be part of the show.

Number of players: 1+
What you need: for each player, a scarf or ribbon to be held in hand or tied to a stick
Activity Level: High

Activity: Super Heroes

Using a small blanket or bath towel, show your child how to put it over his or her shoulders like a cape, holding the ends of the blanket or towel with their hands outstretched. Play make believe together as you say this rhyme:

Flap your wings like an eagle in the sky, Then soar like an airplane flying high, Float like a ghost and say “Wooooo!” Then drift like a giant cloud in a sky of blue. Become a super hero, dash and dart about, “I’m coming to the rescue!” is what you shout.

Too easy? Try making the story more interesting by adding details to your super hero story.

Number of players: 2+
What you need: for each player, a small blanket or bath towel
Activity Level: High