



ACTIVE LIVING FOR INFANTS, PRESCHOOLERS, AND TODDLERS

Let's Move Activity Cards

HOW TO USE

1. Print out the activity cards on the following pages* and cut activity cards apart.
2. Place activity cards in a small container. You can have your child help decorate the container.
3. Put the activity container in a location you both can see such as on the kitchen counter, on a bookshelf, or by the toys.
4. Find a time each day to do an activity card.
5. Have your child take an activity card out of the container.
6. Read the activity card to your child.
7. Have your child do the activity on the card. It's more fun when you do the activity with your child.

GOOD TIMES TO USE THE ACTIVITY CARDS

- Before meals.
- When your child gets home from child care or preschool.
- When your child is looking for something to do.
- During commercial breaks when watching television (Remember, children under 2 should not be watching television. Children over two should limit television to less than 2 hours per day.)
- When you have a few minutes before leaving to go somewhere.
- When your child is overly active and you would like to focus their energy on a specific activity.

*If you do not have a printer to print out the cards, write your own activities on a piece of paper, cut apart, and put in a jar.

Sing “If You’re Happy and You Know It”

Add verses such as circle your arms, run in place, jump up and down, touch your toes, etc.



Play “Paper Stepping Stones”

Place pieces of paper on the floor. Have your child walk, hop, or jump from one stone to another.



Using a bean bag or other object, have your child place the bean bag on parts of their body as you call them out; head, knee, shoulder, chest, ankle etc. Play music for added fun.



March in place.



Have your child pretend they are a tiny seed in the ground. Have them stretch up to the sky as they grow.



Turn on music and dance.



Have your child see how far they can jump. Did you know a kangaroo can jump as far as 40 feet?



Juggle with scarves.



Jump to 10.

Have your child jump once, then twice, then 3 times until you get to 10 jumps.



Child's Choice



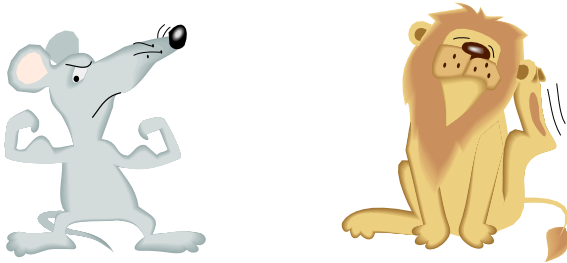
Take a short walk.



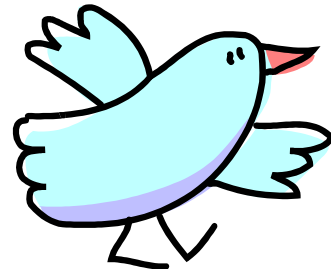
Pretend to be a kite.



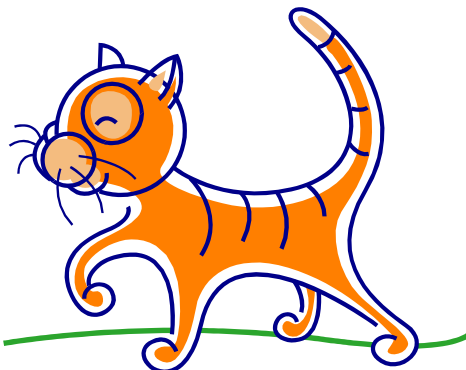
Pretend to be a mouse and then a lion.



Pretend to fly like a bird.



Pretend to be a cat.



Play catch with a bean bag or ball.

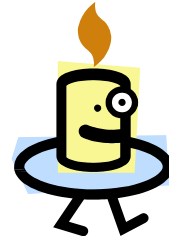


Play “Simon Says”



Play “Jack Be Nimble”

Give your child a block or other object to use as a candlestick. Recite the Jack Be Nimble rhyme and have your child jump over their candlestick.

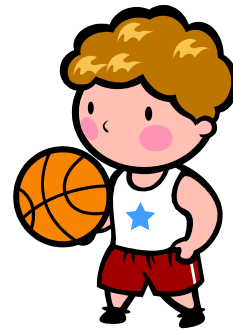


Play “Jump the River”

Place a jump rope or string on the ground for a river. Have your child “Jump the River.”



Have your child pretend to be a basketball player. Dribble and shoot a pretend ball.



Have your child place a bean bag on their head and walk around the room.



Pretend to be...(Let your child decide what animal to be).



Play “Follow the Leader”



Have your child act out what they would do in different shoes: ballet slippers, basketball shoes, running shoes, ice skates, roller skates, slippers, etc.

