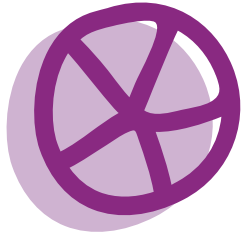


CATCHING, THROWING, KICKING GAMES



- bouncing
- rolling
- kicking
- catching
- tossing
- chasing
- throwing
- striking
- dribbling

- hard
- soft
- overhand
- underhand
- high
- low
- straight
- curved



READY, SET, CATCH!

Check out these books at your local library.

My Two Hands, My Two Feet

by Rick Walton

Here are My Hands

by Bill Martin Jr. and John Archambault

Snowballs

by Lois Ehlert

Pickle and the Ball

by Lynn Breeze

Snowmen at Night

by Caralyn and Mark Buehner

Feet are Not for Kicking

by Elizabeth Verdick and Marieka Heinlein

Beverly Billingsly Can't Catch

by Alexander Stadler

Little Pig's Bouncy Ball

by ?

The Berenstain Bears Get Their Kicks

by Stan and Jan Berenstain

CATCHING, THROWING, KICKING GAMES

Tidy-Up Toss

1 or more players

What you need: An empty box, bin, basket

How to: Have your child pick up her outside toys and gently toss them into a box to earn points. Try overhand and underhand tosses, try from closer to the box and farther away. Later, let her use the points she earned for a prize — an extra story at bedtime, a special sticker on her activity calendar.

Variations: Try the same thing inside if you can't go out. If by chance the yard or house doesn't need picking up, practice tossing skills with balls — outside think snowballs, inside try sock or yarn balls!

Trash Bag Toss

1 or more players

What you need: For each player — unused trash bag, newspaper

How to: Fill a trash bag with crumpled newspaper. Tie it shut. Toss it, throw it, roll it or roll on it in the yard or inside.

Safety caution: Plastic bags can be a choking hazard and may cause suffocation — adults should use caution with infants and toddlers.

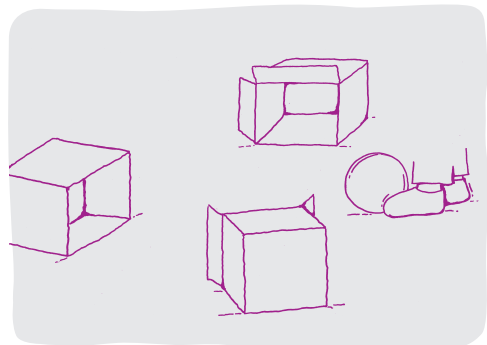
Kick Course

1 or more players

What you need: Ball for each player, containers such as boxes, wastebaskets, crates, some open on both ends

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

Variation: Make a course in the snow with shoveled paths, snow tunnels and mounds.



CATCHING, THROWING, KICKING GAMES

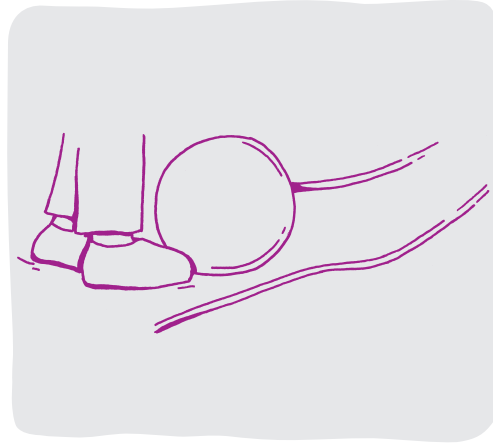
Foot Dribble

1 or more players

What you need: Ball for each player; snow shovel or rake; sidewalk chalk or masking tape

How to: Shovel pathways in the snow. Have your child use her feet to move the ball along the pathways. Once your child has mastered a straight path, make it harder with curved or zigzag paths.

Variations: Make pathways outside with sidewalk chalk, draw lines in the dirt, or rake a path in the leaves in fall. Inside, make pathways by putting 2 long strips of masking tape on the floor about 2–4 feet apart.



Milky-Crunchy Knock 'Em Down

1 or more players

What you need: Empty milk jugs, cereal boxes or 2 liter plastic bottles; ball

How to: 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. If you can't get outside, Knock Em' Down can also be played inside.

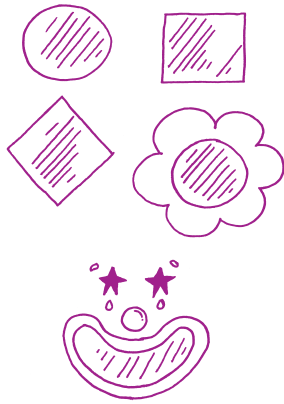
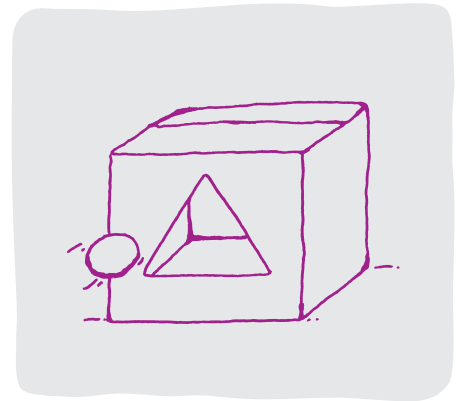
CATCHING, THROWING, KICKING GAMES

Bean Bag Target Toss

1 or more players

What you need: Large cardboard box; 1 or more beanbags for each player

How to: Cut one side of a large cardboard box into a square, circle, triangle or other shape, or cut multiple shapes. Decorate the box if you wish.



shape ideas

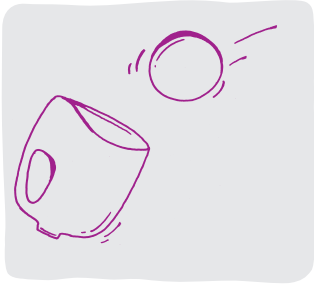
Throw beanbags into openings in the box. Try helping your child learn to toss underhand and overhand, and try having him stand different distances away from the target. You can mark the distance from the target outside with chalk or a line in the dirt or inside with masking tape on the floor.

Variation: If you have one or more hula hoops, lay them on the floor and let your child toss the beanbags into the hoops.

Remember: If it's too hard, your child will feel like a failure and if it's too easy your child will get bored.

Try to find the right distance so your child can get the bean bag into the hole about 7 or 8 times out of 10.

CATCHING, THROWING, KICKING GAMES



Milk Jug Catch

1 or more players

What you need: For each player — clean, empty, plastic milk jug; ball, bean bag or snowball; tape

How to: 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 ball, bean bag or snowball in the catcher, toss it up and then catch it. He can also throw it underhand to another person. The other person catches it in her catcher and throws it back. If your child is successful, let him step back and try tossing the ball, beanbag or snowball from farther away.

Variations: Make a ball by crumpling up a piece of paper. You can make small, medium or large balls. Paper balls work well for tossing outside or inside.

The catcher can also be used to scoop up leaves or snow!

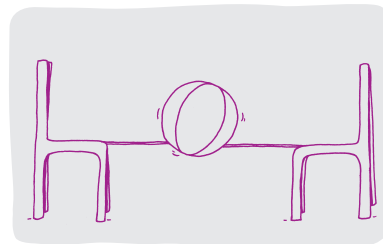
SAFETY CAUTION: Do not use balloons with children under 4 years old. Balloons can be choking hazards — only adults should inflate balloons. Some children may have a latex allergy.

Beach Ball Bounce Back

2 or more players

What you need: 2 chairs, masking tape or string, beach ball

How to: Make a “net” outside by placing the 2 lawn chairs about 4 feet apart and attaching tape or string across the seat of each chair. Hit, toss or bounce the beach ball back and forth over the net. Help your child practice hitting hard and soft, high and low. If you can’t get outside, you can make a net inside.



Variation: Use an inflated balloon in place of a beach ball. The balloon will move more slowly, making it easier for your child to hit the balloon over the net.

CATCHING, THROWING, KICKING GAMES

SAFETY CAUTION: Do not use balloons with children under 4 years old. Balloons can be choking hazards — only adults should inflate balloons. Some children may have a latex allergy.

Balloon Body Juggling

(best for 5-year-olds)

1 or more players

What you need: Balloon for each player

How to: Have your child toss a balloon into the air. You or your child calls out the part of the body to be used to strike the balloon (e.g. knee, foot, elbow). The balloon can also be batted, kicked or bounced between two players using different body parts.

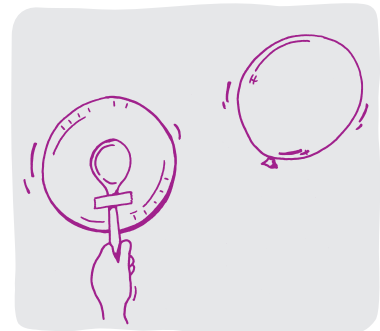
Racquet Balloon

1 or more players

What you need: For each player — wire coat hanger, old pantyhose leg, nylon knee high or large sock (or wooden cooking spoon or ruler, strong paper plate); masking tape; balloon; beach ball or paper ball

How to: Make a racquet with a coat hanger (see “Toys that Encourage Physical Play” page 16). Outside, have your child hit the balloon or a ball in various ways with the racquet — hard, soft, overhand, underhand, etc. Play with a partner, bouncing the balloon or ball back and forth.

Variation: Make a racquet by securely taping a paper plate to a spoon or ruler. Let your child hit the balloon or ball in various ways with the racquet. This variation works well for inside Racquet Balloon.



CATCHING, THROWING, KICKING GAMES

Toss & Catch

2 or more players

What you need: Several soft balls of different sizes and textures, such as beach balls, punch balls, foam balls, sock balls, crumpled paper balls.

How to: Place the balls in a safe area where you and your child can play toss and catch — outside is best but you can do this indoors, too. Toss one of the balls to your child, choosing from the vocabulary below to direct the motions. Have child catch the ball and then toss it back to you using the same motions. Move on to try another type of motion. Repeat with different sizes and types of balls.

Overhand, underhand, add a bounce

Slow and fast

Hard and soft

From **close** up and from **far** away

Up **high** and down **low**

Variations: *Let child try bouncing, tossing in the air and catching different types of balls by herself. It's easier if you use larger, softer balls and stand closer together, and more challenging if you use smaller, firmer balls and move farther apart.*

PRETEND GAMES & iMAGINATION

- zoom like a plane
- fly like an eagle
- stretch like a cat
- strut like a rooster
- leap like a frog
- run like a cheetah
- trek through the jungle
- move like lightning

- move around
- through
- up
- down
- fast
- slow



READY, SET, PRETEND!

Check out these books at your local library.

The Snowman

by Raymond Briggs

I Went Walking

by Sue Williams

From Head to Toe

by Eric Carle

Pretend You're a Cat

by Jean Marzollo

Mud Puddle

by Robert N. Munsch

Come Out and Play

by Maya Amjera and John D. Ivanko

My Pony

by Susan Jeffers

Stellaluna

by Janell Cannon

Little Fern's First Winter

by Jane Simmons

Stranger in the Woods

by Carl R. Samms II and Jean Stoick

Ducks on a Bike

by David Shannon

How I Became a Pirate

by Melinda Long and David Shannon

While You Were Chasing a Hat

by Lilian Moore

If You're Happy and You Know it

by Penny Dann

The Teddy Bear Picnic

by Jimmy Kennedy

Read, Run and Race About

2 or more players

What you need: Action storybook

How to: Choose a favorite action storybook and encourage your child to copy the actions and expressions of the characters as you read the story out loud to her. Try the books listed on the left. Look for them at your local library or book store.

Airplane

1 or more players

How to: Have your child put out her arms and move around like an airplane...take off, fly, zoom, land.



Cape Capers

2 or more players

What you need: For each player — small blanket, towel or cloth scrap for cape

How to: Using a small blanket or bath towel, show your child how to put it over his 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.

Making Shapes & Animals

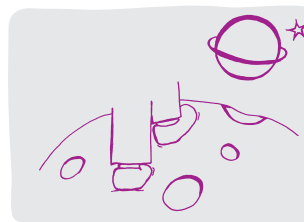
2 or more players

How to: Call out a shape...round, flat, wide, narrow, long, short, pointed, crooked, zigzag...let your child make her body into that shape or move in a way that acts out that shape. Have your child use his body to imitate an object — a table, a chair, a flower, a teapot, etc. Or, call out the name of an animal, and let your child act, move around and make sounds like that animal.

Make-Believe Walks

2 or more players

How to: As your child walks outside or inside, help her imagine walking through different places...in the forest, through the jungle, on the moon, on the hot sand of the desert, through the snow, in the mud, etc.



Let's Pretend

2 or more players

How to: Pretend you and your child are on a farm, and act out the things that happen:

Drive a tractor, plant crops, bale hay, pump water, feed and milk the cows, strut like a rooster, stretch like a cat, fetch like a dog.

Variation: Choose any other active theme and act out things that happen.

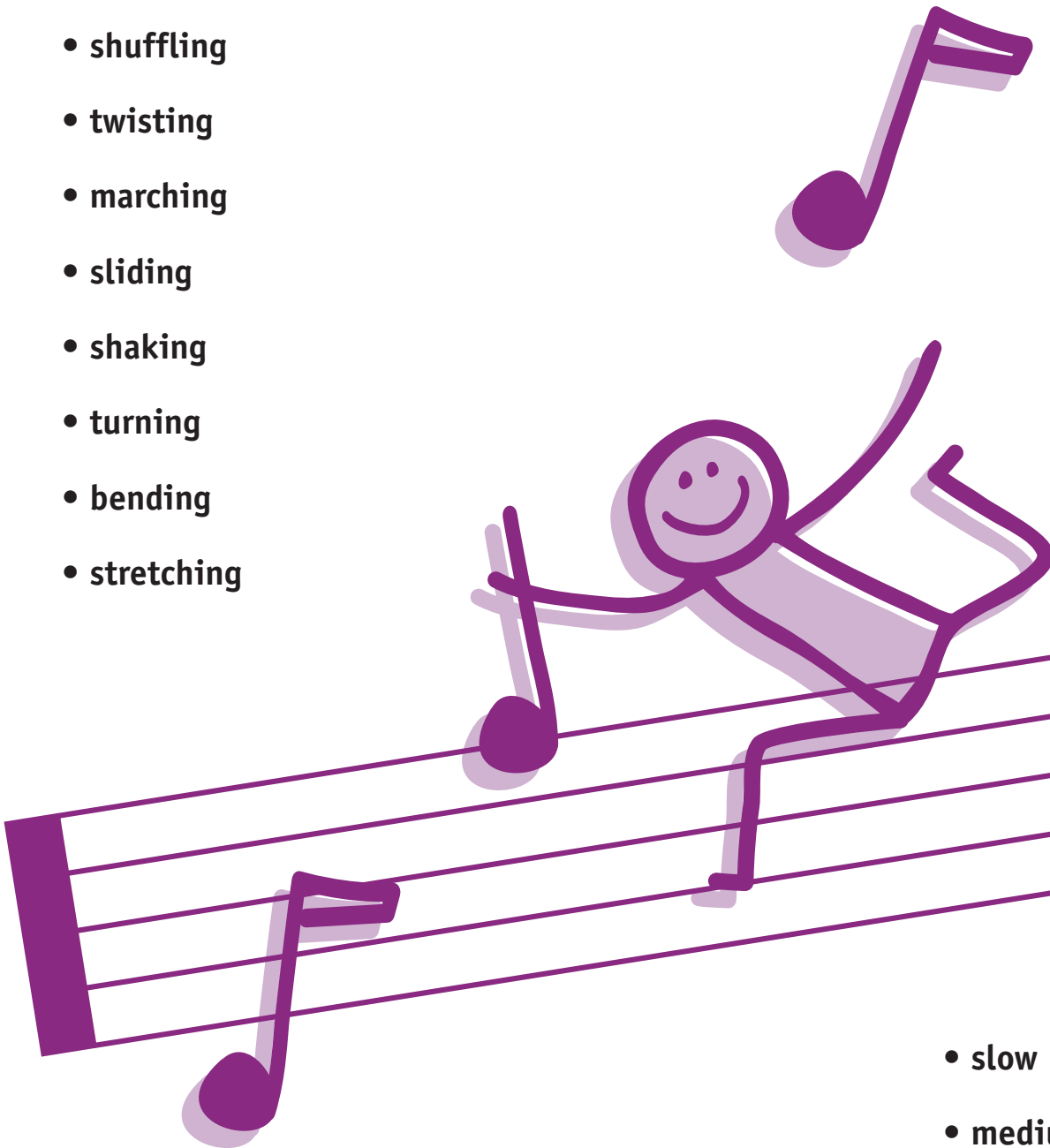
Lightning and Thunder

2 or more players

How to: One player is "lightning." The rest are "thunder." On the signal, lightning moves quickly throughout the yard or house. The players who are thunder follow behind lightning, making the sound of thunder rumbling. Switch roles so that each child has a chance to play lightning.

RHYTHMIC MOVEMENT & BALANCE

- dancing
- shuffling
- twisting
- marching
- sliding
- shaking
- turning
- bending
- stretching



- slow
- medium
- fast

READY, SET, DANCE!

Check out these books at your local library.

Barn Dance

by Bill Martin Jr. and John Archambault

Animal Boogie

by George Shannon

Barnyard Dance

by Sandra Boynton

My Daddy is a Pretzel

by Baron Baptiste

Baby Danced the Polka

by Karen Beaumont and Jennifer Plecas

Clorinda

by Robert Kinerk

Zin! Zin! Zin a Violin

by Lloyd Moss

Three Cheers for Tacky

by Helen Lester

My Mama had a Dancing Heart

by Libba Moore Gray

Hilda Must be Dancing

by Karma Wilson and Suzanne Watts

Freeze Dancing

2 or more players

What you need: Music

How to: 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. If you have a portable tape player or radio, play outside.

Moving to Music

There are a variety of cassette tapes and CD's just for children, and many have traditional songs that have movements to go with them. You can teach your child the traditional movements if you know them, or you and your child can make up your own. For example:

"Skip to My Lou"

Show your child how to skip around, pretend to fly for "Flies in the buttermilk...", etc.

"Ring-Around-the-Rosy"

Join hands with your child, circle around, and then fall down.

"Ten in the Bed"

Show your child how to roll on the ground or floor for "Roll over, roll over."

"Wheels on the Bus"

Show your child how to circle his arms for the wheels going around; jump up and down for the people going up and down; move her arms back and forth for the wipers going swish; walk or run backwards to move on back, etc.

"Head, Shoulders, Knees & Toes"

Have your child touch his head, shoulders, knees, toes, etc. whenever he hears those words. Let him follow your movements if he needs help.

"The Ants Go Marching"

Have your child march around. Create movements to go along with the words that your child can follow — pretend to climb a tree, pick up sticks, etc. Have your child stomp her feet for "Boom, Boom, Boom,..."

Tight Ropes

1 or more players

What you need: Sidewalk chalk or masking tape

How to: 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 he is on a tight rope or balance beam. Let him 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.

Variation: “Balance Trail” — Instead of a straight line, make a trail or path with some twists, turns and corners. Draw brooks to cross, logs to jump on and so on. Have your child follow the winding path.

Hula Twist

1 or more players

What you need: Large plastic hoop for each player (to make your own, see “Toys that Encourage Physical Play,” page 16)

How to: Let your child spin the hoop around her waist — try it fast, try it slow. Try it high, try it low! Try it to music! Try it in the yard, in the house!

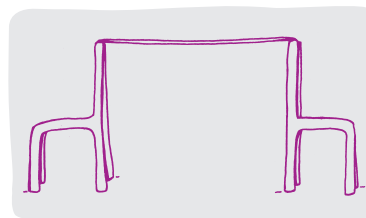
Limbo

1 or more players

What you need: 2 chairs, masking tape or string

How to: Make a limbo “pole” by placing 2 chairs about 4 feet apart, back-to-back, and attaching tape or string across the top of each chair. Have your child pass underneath the pole, doing the “limbo.” Lower the tape or string for each round.

Variation: If you have 3 or more people playing, you can also use a jump rope, having 2 people hold the ends while the other person passes under the rope. Children can listen to music and dance while they play.



Mirror Me

2 or more players, best with an even number of people

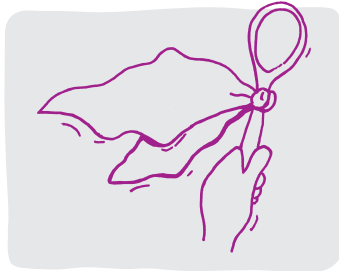
How to: Face one another. As one person moves, the other person does the same, as if they are a mirror image.

Marching Band

1 or more players

What you need: Containers with lids, dried beans, spoons, pots and pans, rubber bands

How to: 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 twang. Let each child have her own instrument. March around the neighborhood or in the house.

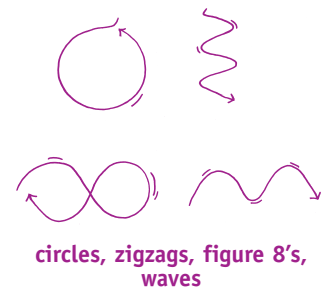


Scarves and Ribbons

1 or more players

What you need: For each player — scarves or ribbons that can be held in your child's hand or tied to a wooden spoon.

How to: Move around outdoors with scarves or ribbons. Vary movements from slow and gentle to quick and lively. Move with just one scarf or with several. Try making circles, zigzags, figure 8's and waves with the scarves. If you have a portable radio or tape player, try moving to different types of music using the scarves or ribbons, or play Scarves and Ribbons inside to music.



Balancing Act

2 or more players

How to: Find an open area of yard or floor where you can play safely and comfortably. Get down on the ground with your child and ask him to try these balancing skills with you. The more often you practice with your child, the better he'll get.

Start out balancing on all fours, with hands, knees and feet touching the ground.

Then ask your child to balance on just his hands and feet.

Ask him to raise one leg.

Raise one arm.

Raise one leg and opposite arm at the same time.

Ask him to balance on two knees and one elbow.

Balance on one knee and one elbow.

Ask your child to make up his own combinations of body parts to balance on.

RUNNING & JUMPING GAMES



- fast
- slow
- forward
- backward
- high
- low

- chasing
- scurrying
- dashing
- jumping
- hopping
- leaping
- galloping
- walking
- trudging
- waddling
- wandering
- plodding
- darting
- skipping
- springing
- prancing

READY, SET, RUN AND JUMP!

Check out these books at your local library.

The Snowy Day

by Ezra Jack Keats

Jump Frog, Jump

by Robert Kaplan and Byron Barton

Let's Hop and Skip

by Diane James

Snow Dance

by Lezlie Evans

Frog Legs: A Picture Book of Action Verse

by George Shannon

Puddles

by Jonathan London

Dappled Apples

by Jan Carr

Owl Moon

by Jane Yolen and John Schoenherr

Here We Go

by Margaret Miller

Hopping Rabbit

by Amanda Leslie

The Berenstain Bears and Too Much TV

by Stan and Jan Berenstain

Stella, Queen of the Snow

by Marie-Louise Gay

Chase Me, Chase Me

2 or more players

Playfully chase your child safely throughout the yard, the playground or the house. Outside go uphill and downhill, zig and zag, fast and slow, forward and backward. Hug him gently upon capture!

Bubble Chase

1 or more players

What you need: Bubble solution; wand for each player

How to: Make up some bubble solution several hours ahead of time. 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!

Homemade Bubble Recipe

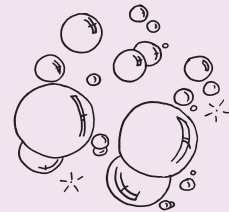
$\frac{2}{3}$ cup concentrated dish washing liquid
4 cups water

Optional: 1 Tablespoon glycerin, which you can buy at any drug store.

- Pour the water into a large container like a plastic dishpan or a clean empty milk jug.
- Add the dish washing liquid and gently stir.
- Add the glycerin and gently stir.
- Let the bubble mixture sit for several hours before using. The longer it sits, the better the bubbles.
- Cover and store any leftover bubbles for another day. Leftover plastic yogurt or margarine containers with lids work great for storing bubbles.

Tips:

1. Some dish washing liquid brands may work better than others. Experiment to learn what works best for you.
2. Distilled water may help make the bubbles better.
3. Glycerin isn't expensive and it really makes bubbles stronger and longer lasting.
4. Let the bubble wand sit in the bubble mix for a few seconds and try not to stir — stirring makes suds and foam, which are bubble busters!



Bubble Wand Ideas

- Dip plastic straws into the bubble solution and gently blow to make tiny bubbles.
You can also tape three to five straws in a circle for a big bubble made up of little connected bubbles.
- Bend a hanger into a circle with a short handle.
*You can cover the handle with tape if it's sharp at the bottom. It's good to twist 2 wires together to make one loop — this lets the wand hold more bubble solution and makes the handle less dangerous.
*You can also bend pipe cleaners into shapes and use those as wands.**
- Open plastic cookie cutters make good wands.
- Cut a hole in the center of a plastic yogurt or coffee lid.



Hula Hoop Chase

1 or more players

What you need: For each player — a large plastic hoop (to make your own, see “Toys That Encourage Physical Play” page 16)

How to: Let your child roll the hoop and chase after it. This is most fun outside. If you can't get outside, you can also play inside.

Variation: Let your child hold the hoop at her waist. “Drive” around outside or inside as a fire truck, dump truck or car.

Hula Hop

1 or more players

What you need: 1 or more large plastic hoops (to make your own, see “Toys that Encourage Physical Play,” page 16)

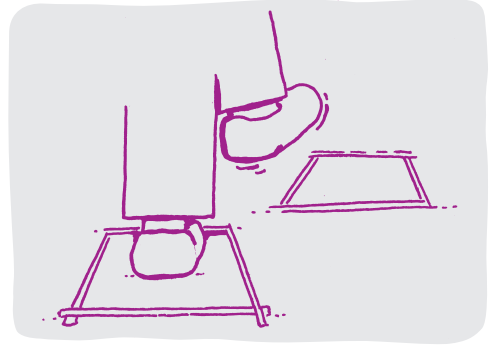
How to: Lay hoop(s) on the sidewalk, lawn or floor and let your child jump or hop in and out of them.

Square Hop

1 or more players

What you need: Sidewalk chalk or masking tape

How to: 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 on one foot. Have her repeat the activity with the other foot. Inside make squares around the room on the floor using masking tape.

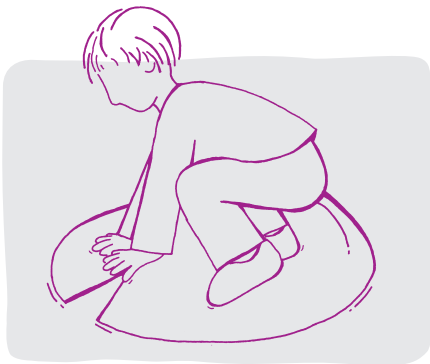


Variation: Children who aren't skilled at hopping on one foot yet can try this activity jumping with two feet.

Frog Hop

1 or more players

How to: Have your child squat down on the lawn or floor, like a frog. Tell her to reach forward, putting her hands on the floor. Then have her jump her feet so they land close to her hands. Try big and small leaps and have her make frog sounds as she jumps!



Variations: 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. To play inside, you can also make lily pads out of cardboard or paper. Decorate if you wish and use masking tape to secure the lily pads to the floor.

RUNNING & JUMPING GAMES

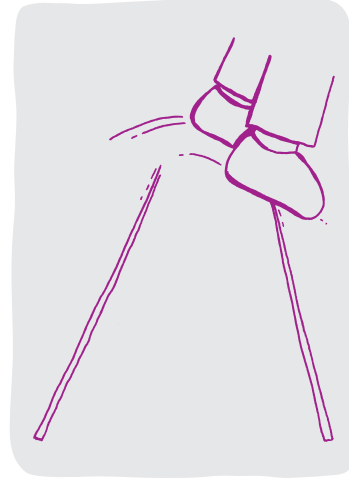
Jump Right Over

1 or more players

What you need: Sidewalk chalk or masking tape

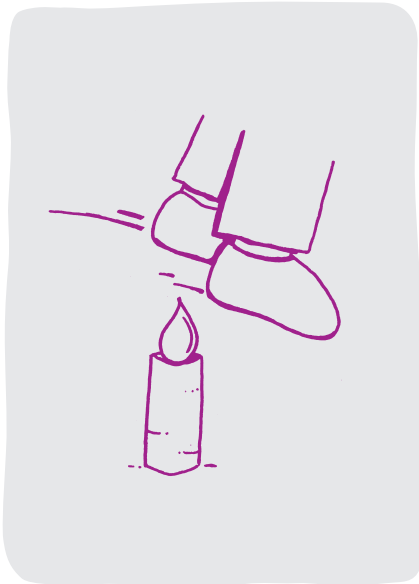
How to: Draw two lines on a safe sidewalk or driveway using chalk or draw two lines in the dirt, parallel to each other, about one foot apart. Have your child jump across the “river” to the other side — being careful not to get his feet wet! You can make the river wider as your child’s jumping skills improve.

Variation: Draw a single line and let your child practice jumping and hopping over it. Inside, use masking tape to make one or two lines on the floor.



Jumping Jack

1 or more players



What you need: For each player — an empty bathroom tissue roll, paper, red or orange crayon, masking tape

How to: Use the bathroom tissue roll for a “candlestick.” Cut a “flame” from paper, color it and tape it to the candlestick. Place the candlestick outside on a flat spot or inside on the floor, and have your child jump over it.

You and your child can recite this rhyme as he jumps:

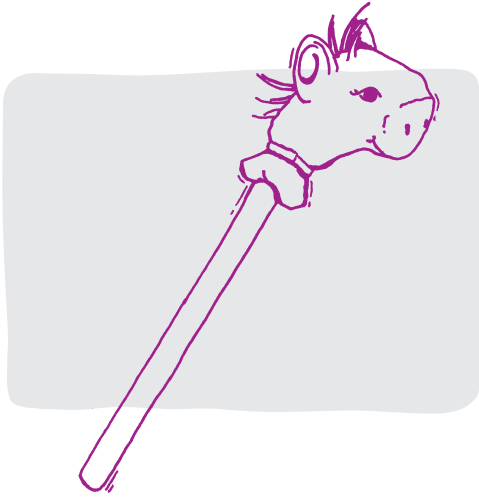
Jack be nimble,

Jack be quick,

Jack jump over the candlestick.

Practice jumping high, medium and low.

RUNNING & JUMPING GAMES



Galloping Pony

1 or more players

What you need: For each player — cardboard wrapping paper tube, paper bag, masking tape, newspaper, crayons or markers

How to: Make a cardboard horse by decorating the paper bag to look like a horse's head. Stuff the head with

crumpled newspaper and tape it onto one end of the cardboard tube. Have the child gallop around to visit different parts of the yard or house.

Practice going slow and fast, forward and backward, galloping and prancing.

Variation: Have child pretend she is a Pony Express carrier, bringing mail or supplies to different places, or picking up toys to deliver to the toy box.

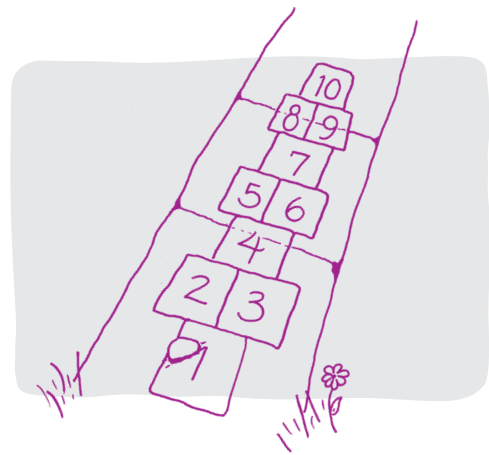
Hopscotch

1 or more players

What you need: Sidewalk chalk or masking tape, beanbag for each player

How to: Mark out a hopscotch board outside with sidewalk chalk or in the dirt using a stick, or inside using masking tape on the floor.

Have your child toss the beanbag onto square one and then hop or jump onto square one (on one foot or both feet, depending on your child's ability) and pick up the beanbag. Toss the beanbag onto square 2 and so on. When she gets to the top, turn around and go back down to square one. If there is more than one player, have the children take turns, or make several hopscotch boards so all children can play at the same time. Or, while the other children are waiting for their turn, practice hopping on one foot.



Platform Jumping

1 or more players

What you need: A stool or sturdy box about 10 inches high to jump from, an old towel for a base to jump to.

How to: have your child stand on the solid box or stool and jump to the landing base on the ground. Emphasize jumping with two feet and landing on two feet to start. As her skills advance, she can try this on one foot.

Variations: *To play indoors, use masking tape to mark a landing base on the floor. To make it easier, hold his hand as he jumps, jump from ground level or place the landing base closer to the jumping platform. To make it more challenging, use a higher platform, but not higher than her waist; place the landing base farther from the jumping platform.*

Safety Tips: Use a very sturdy stool or platform to jump from. Allow only one child at a time on the platform. Be sure the landing base is not slippery on the surface you are using.

Snowshoe Shuffle

1 or more players

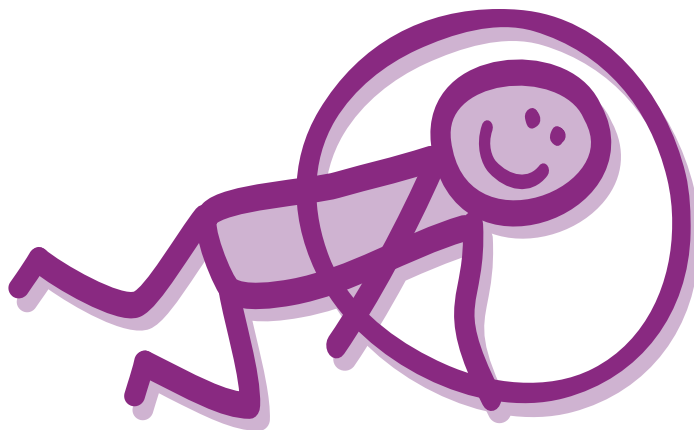
What you need: A pair of snowshoes for each person. You may be able to rent them, or borrow from a friend, school or recreation program. You can also make your own, below, with heavy boxboard and shoelaces or elastic.

How to: Cut two pieces of strong, heavy boxboard into ovals about the size of a shoe box (kid-sized for kids, grown-up sized for grown-ups!). Punch two holes on each side of the cardboard, in the center, about a snow boot's width apart. Thread a long shoelace or piece of elastic through the holes and tie over your boots. Walk, slide, or "skate" over packed snow.

TUMBLING, ROLLING, CRAWLING & CLIMBING

- forward
- backward
- over
- under
- around
- through
- up
- down

- wiggling
- slithering
- cartwheeling
- creeping
- somersaulting
- sneaking
- surrounding
- dangling



READY, SET, TUMBLE AND ROLL!

Check out these books at your local library.

Over, Under, Around and Through
by Tina Hoban

Clap Your Hands
by Lorinda Bryan Cauley

Tumble, Bumble
by Felicia Bond

We're Going on a Bear Hunt
by Michael Rosen

Verdi
by Janell Cannon

Sometimes I Like to Curl Up in a Ball
by Vicki Churchill

The Day the Babies Crawled Away
by Peggy Rathmann

Dahlia
by Barbara McClintock

Inch by Inch — The Garden Song
by David Mallett

TUMBLING, ROLLING, CRAWLING & CLIMBING

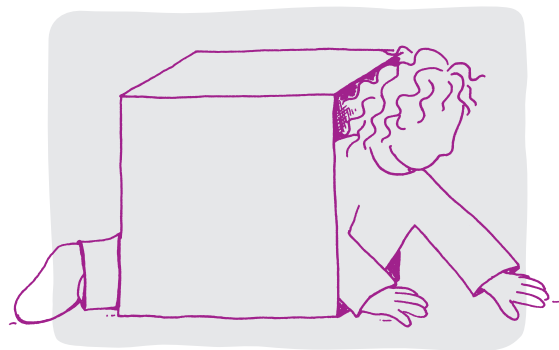
Climb Over, Creep Under, Crawl Through

1 or more players

What you need: Large cardboard boxes, cushions or pillows, chairs or other furniture

How to: Create an obstacle course in the yard (or indoors if the weather is bad) by setting up a series of objects for your child to go over, under, around and through. Try opening both ends of a large box to create a tunnel to crawl through, stack chair cushions or bed pillows to climb over, line up lawn chairs to creep under. Use your creativity to add more obstacles!

Variations: Have your child move through the course going backward. You can also ask your child to crawl through like a crab, creep under like a spider, inch around like a worm, tumble over like a puppy or kitten, slither under like a snake, sneak through like a fox...check out the blue divider pages in this section of the book for more action words!



Hula Crawl

2 or more players

What you need: Large plastic hoop for each player (to make your own, see “Toys that Encourage Physical Play,” page 16)

How to: Hold a hoop upright and let your child crawl, creep or climb through it. Let your child practice going backward and forward, under and through.

Variation: Stand with your legs apart and let your child creep or crawl between them. If you have enough people, make a human tunnel!

Roll Like A Log, Tumble Like A Weed

1 or more players

How to: Roll, tumble, rollover, somersault, bend and stretch outside on a soft grassy area, in the leaves, or in the snow. Inside, try this on a mat, mattress, rug or blanket.

TUMBLING, ROLLING, CRAWLING & CLIMBING

Back Rock

1 or more players

How to: Have your child lie down on the ground on her back, pull her knees into her chest, and her arms around the knees. Ask her to rock back and forth along her spine, then roll from side to side.

Forward Roll

1 or more players

How to: Ask your child to squat on the ground or floor and place his hands flat in front of him on the floor. Have him press on the balls of his feet, stick his bottom up into the air, tuck his chin into his chest, place his head between his knees, and roll forward on the back of his head. To help him remember to keep his chin tucked in, you can have him hold a bean bag under his chin.

Footsie Roll

2 or more players — since this activity is done in pairs, you need an even number of players

How to: Have players pair up and lie on the ground or floor on their backs with the soles of their feet touching each other's. Ask one child to try rolling over without letting her feet come away from her partner's feet. Take turns being the partner who does the rolling.

Climb Every Mountain

1 or more players

How to: Find a grassy hill or tall snowbank and climb to the top. Roll or somersault back down. Then climb back up and do it again!

