

FIT WIC FUN AND GAMES PAGE

The following activities are for children ages 3 to 5. They are easy to do and are a great alternative to watching TV. They were designed for outside play — or you can adapt them for indoors based on weather or other needs.

Preschoolers learn by moving, imitating and following examples.



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 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.



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.

You are your child's most important teacher. The skills that you teach your child through active play will build her self-confidence, help prepare her for success in school, and help her feel comfortable about being active the rest of her life. Ready...Set...Go Play!