

## SPRING

**It's fun and easy to be active with children!**  
**Run, jump, dance...**

**Do at least one of these ideas everyday:**



- ✓ Go for a walk together in the park
- ✓ Act like animals – slither like a snake, hop like a rabbit, trot like a horse, leap like a frog
- ✓ Have a ball – roll, throw, kick and toss. Try different kinds of balls
- ✓ Dance or move to some music
- ✓ **Group Activity:** Have an outdoor search looking for flowers, berries and feathers. Inside, hide toys, books and stuffed animals for children to find

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Front - Spring

## Let's Play Ball

- ✓ Teach your child to “hug the ball”, as a first stage in learning to catch the ball
- ✓ When your child shows interest in catching a ball, show them how to cup their hands together – baby fingers touching – like a basket
- ✓ Carefully toss the ball – aiming well – so the ball lands in their arms. Remind them to “hug the ball” when it is in their arms
- ✓ Set up targets like boxes to improve aim
- ✓ Balls for catching by young children should be at least 15 cm (6 inches) in diameter and made of soft material
- ✓ As their skill increases you can offer different sizes

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Back - Spring

## SUMMER

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Do at least one of these  
ideas everyday:



- ✓ Ask your child to follow you, then hop on one foot, sit down, stand up, touch your toes etc.
- ✓ Set up an obstacle course using couch cushions for your child to crawl over/under
- ✓ Have your child walk instead of riding in the shopping cart
- ✓ Blow bubbles, chase and pop them
- ✓ Run through the water sprinkler
- ✓ Have your child try to score a goal while you act as the goalie
- ✓ **Group Activity:** Go on a bug safari – dig for worms, hunt for ladybugs, follow ants

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Front - Summer

## Para-sheet



- 1 Use a big towel or a sheet and ask your child to grab hold of an edge
- 2 Show your child different ways to lift the chute... full arm's length, rippling wrist action, or hands in front of chest to over head
- 3 Start with something like a cotton ball on the towel and then change to a pair of socks, a stuffed toy or a foam ball

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Back - Summer

## FALL

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**Do at least one of these  
ideas everyday:**



- ✓ Have a parade inside or outside using homemade instruments – beans in a jar, wooden spoon and plastic bowl
- ✓ Spread some blankets on the floor and tumble, roll and balance
- ✓ Invent silly names for simple exercises and then do them together
- ✓ Put on music and encourage your child to run. When the music stops, call out “stop” and then start again
- ✓ Rake the leaves and jump in the pile
- ✓ **Group Activity:** Catch the leaves as they are falling. See who can collect the most yellow, orange or red ones

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Front - Fall

## Over and Under

- 1** Lie on the floor while your child steps over you
- 2** Form a bridge using your hands and feet and your child can crawl under you
- 3** Stand with your legs apart and ask your child to crawl through
- 4** Sit on the floor with your legs apart have your child jump over one leg at a time
- 5** Remember to take turns!

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Back - Fall

## WINTER

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**Do at least one of these ideas everyday:**



- ✓ Read your child a story and act out parts of the story together
- ✓ Set up a place indoors where your child can safely jump and climb
- ✓ Find objects to push (empty boxes) and roll (cans). Have a race
- ✓ Use handfuls of packed snow to create funny characters on a tree trunk
- ✓ Streamer fun: provide your child with a strip of toilet paper to twirl and run around with
- ✓ **Group Activity:** Make a snow man. Make snow angels

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## Sing and Move

Sing songs to your child while you do the actions. Have fun and be creative. Sing to your favourite tune or make up your own. Ask your child to help you think up the next verse. Try making up new songs while you do everyday activities and make sure to do the actions.

*Let's go walking in the snow.  
Walking, walking on tiptoe.  
Lift your one foot way up high.  
Then the other to keep it dry.  
All around the yard  
we skip.  
Watch your step or  
you might slip."*

*Turn Around  
(Frere Jacques)  
Turn around, Turn around  
Touch your toes, Touch your toes  
Do a little jumping,  
Do a little jumping  
Squat real low, Squat real low.*

*"Snowflake, snowflake  
falling down.  
From the clouds on to  
the ground.  
Twirling, dancing floating free.  
Oh so cold when you touch me.  
Snowflake, snowflake  
falling down.  
From the clouds on to  
the ground."*

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