

## SPRING

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

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



- ✓ Have a ball – roll, throw, kick and toss. Try different kinds of balls
- ✓ Dance in powwows
- ✓ Collect the material such as red willow to make a dream catcher
- ✓ Go for a nature walk and show the spring growth
- ✓ Act like animals – hunt like a polar bear, run like a caribou, fly like a goose, crawl like a seal
- ✓ Have an outdoor search looking for flowers, berries and feathers. Inside, hide toys, books and stuffed animals for your child 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
- ✓ You will both spend a lot of time chasing the ball while your child is learning how to throw and catch
- ✓ Set up targets like boxes to improve aim
- ✓ Balls for catching by young children should be at least 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:**



- ✓ Go for a nature walk to check how the plants/trees are growing
- ✓ Look for birds, animals and teach them their names in own language and have children act out what they saw
- ✓ 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
- ✓ Look for stones, rocks and paint them on a rainy day
- ✓ Have your child try to score a goal while you act as the goalie

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Front - Summer

## Blanket Toss



- 1** Use a blanket or sheet and ask your child to grab hold of an edge
- 2** 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
- 3** Teach your child different ways to hold the edges (grip with fist on top, or underneath)
- 4** 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

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## FALL

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



- ✓ Rake the leaves and jump in the pile
- ✓ Spread some blankets on the floor and tumble, roll and balance
- ✓ Go for a nature walk to collect red, yellow and green leaves and make a collage
- ✓ Have children pick vegetables or berries with you
- ✓ Tell your child a traditional story, say the Aboriginal name of the animals and act out parts of the story together
- ✓ Have the children dance or drum to traditional music

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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 they 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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## WINTER

**It's fun and easy to  
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**Do at least one of these  
ideas everyday:**



- ✓ Make a snow man. Make snow angels
- ✓ Read your child an animal story and say the aboriginal name of the animal, act out parts of the story together
- ✓ Set up a place indoors where your child can safely jump and climb
- ✓ Have children make drums, rattles then dance to their music while playing the instruments
- ✓ Have children make snow forts, an igloo, snowman
- ✓ Streamer fun: provide your child with a strip of toilet paper to twirl and run around with

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Front - Winter

## Sing and Move

Sing traditional songs to your child while you do the actions 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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