

Let's Get Up & Move!

Ideas and links to help you stay active at home



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Active Kids!

At school, kids stay active with daily playground time (if the weather cooperates!), motor room or gym time, hallway games, movement songs in the classroom, and frequent transitions between activities.

Here are some ideas for helping your kids stay active, both inside and outside, along with links for short movement videos and songs when they need just a quick movement break.

Outdoor Activities

1 | Go for a walk!

Getting fresh air is great for kids and adults. Bring your kids along and get your steps in! Talk about things you see along the way!

2 | Play Tag/Chase

Kids love to play tag or chase games, and it's great exercise for everyone!

3 | Have a ball!

Playing catch, kicking a ball, chasing and running after a ball are all fun activities that kids love and can keep them busy for a while!

Indoor Activities

Movement Games

- **Simon Says**
- **Head, Shoulders, Knees and Toes**
- **Ring Around the Rosey**
- **Row, Row, Row your Boat**
- **Follow the Leader**

Animal Walks - Fly like a Bird, Jump like a kangaroo/bunny, Hop like a frog, Swim like a fish, Stomp like an Elephant, Run like a cheetah, Crab walk, Bear Crawl (hands and feet), Tiptoe like a giraffe, Walk on heels like a penguin

More Indoor Activities...

Play catch with a soft ball or stuffed animal

Make sock balls and throw them into a laundry basket

Have a sock ball/snow ball fight

Make a painters tape balance beam (straight, zigzag, etc.)

Make an obstacle course (under/over chairs, cushions, walk on pillows, etc.)

Hide and Seek

Even More Indoor Activities...

Find and Tag It (go tag something blue, something that starts with B, etc).

Make up a motor movement (jump, touch toes, spin, stretch), then roll the dice to see how many times to repeat it

Balloon toss/catch, try to keep it in the air.

Puzzle Hunt - Hide puzzle pieces around the house, have your child find them and put them back in the puzzle board

Just dance!

The internet has lots of great websites with movement songs, dances and games. Here are a few to get you started!

<https://family.gonoodle.com/>

<https://www.learningstationmusic.com/>

<https://www.jackhartman.com/pages/fun-house>

<https://www.youtube.com/user/MotherGooseClub>

Keep moving
and
have fun!

