

## Indoor Movement Activities

### Activity Description

Alphabet Activity Adapted from [Becoming Tomorrow](#)

Use the worksheet (included in the printable packet) as a reference for movements by letter. Start by choosing something to spell, such as your name, a favorite food, or someone else's name. For each letter of the word you are spelling, complete the movement listed for each letter.

Line Bowling Adapted from [Little Bins for Little Hands](#)

Create a bowling lane with tape, pool noodles, jump rope, chalk or washable paint. Push or roll a ball down the bowling lane. Push the ball back and forth and try to keep it in the lane. You can have someone else on the other side of the lane to roll the ball back.

To make it more like bowling, add pins, cans, or plastic bottles at the end of the lane. Use a ball to knock down the "pins". Work on math skills by keeping track of how many pins you can knock down each time.

Freeze Dance Dance to any of your favorite songs. Pause the music and freeze when the music stops!

Keep dancing while

the music is playing.

Don't Crack the Egg Set up an obstacle course for your child with tape and household items. Give your child a ball (or balled up

sock) to hold, and pretend it is an egg. Have your child walk the course while holding a ball in front of their body. If they drop the ball or object because if they do, it will crack the "egg"! If the ball is dropped, your child restarts the course. To add an extra element, use a timer to see how long it takes your child to go through the course.

Laundry Basket Basketball Set out a laundry basket/ bucket/ box and have your child stand 5 steps away.

Give your child at least 5 soft

balls (or balled up socks or other soft item). Have your child throw the item into the laundry basket. Count how many "baskets" your child makes! Repeat as desired. If this is too easy, try taking more steps back or adding more items to throw. If that is still too easy, try adding more baskets at various heights.

Bunny Hops Set up a bunny hop course by placing pillows, old t-shirts, pillow cases, or anything that can be flat and soft

to land on on the ground. Have your child start at one end of the course, and bunny hop from item to item, or "rabbit hole to rabbit hole." Try making the course longer, or time your child to see how fast they can hop to the end.

Kick the Cup Adapted from [How We Learn](#)

Print out or draw letters on plastic cups (such as Solo cups). Set the cups up in a horizontal line. From 5 steps away, have your child kick a ball and try to knock down a letter cup. Have your child say the name of the letter they knocked down.

Set Paper Tunnels and Balls

up a "golf course" using paper and tape: tape one end of a piece of paper to the ground, then tape the

Adapted from [Toddler Approved](#)

other side close to it, making an arch in the paper (see picture). Repeat to make more golf "holes". Have your student use a small foam or tennis ball to roll it under the arches. You can keep track of how many attempts it takes your child to roll the ball under the arches.

Head, Shoulders, Knees and Toes

English lyrics adapted from [Super Simple Songs](#)

Spanish lyrics adapted from [Songs for Teaching](#)

Point to the body part while singing the song.

English: *Head and shoulders, knees and toes. Knees and toes. Knees and toes. Head and shoulders,*

*knees and toes Eyes, ears, mouth and nose. (repeat) Head. Shoulders. Knees. Toes. Spanish: Cabeza,*

hombros, rodillas y dos pies Cabeza, hombros, rodillas y dos pies Ojos, oídos, boca y una nariz. (*repetir*)  
Scarf Toss For this activity you can use scarves, ribbons, or other pieces of fabric. Have your child toss up the scarf

and try to catch it before it hits the ground. You can count how many times your child catches in a row!

Hallway/ Room Spy Game and picture adapted from [It's Always Autumn](#)

For this activity you'll need to use a hallway. Attach string, streamers, ribbons, or even jump ropes from wall to wall, making them intersect and cross over one another to create a maze--these are "laser beams". Your child's goal is to move through without touching the "lasers". Pretend your child is a spy and if a laser is touched, an alarm will go off! Here is an example:

Paper plate ring toss Adapted from [A Little Learning for Two](#)

## Outdoor Movement Activities

### Activity Description

Line Walking Adapted from [Little Bins for Little Hands](#)

Use chalk, tape, jump ropes, or washable paint to create lines to walk on and follow. You can make these lines different lengths and in different designs (squiggly, straight, swirl, etc.). To add another fun element, use a timer to keep track of how long it takes to walk or run on these lines!

Line Following Find a line on a sidewalk, basketball court, soccer field, or anywhere safe that may have lines. Walk

on that line as far it goes! You can pretend to be a train! What else could you be?

Hop Scotch Picture adapted from [Getty Images](#)

Create a hopscotch board on a sidewalk using chalk, washable paint, or tape! Here is an example:

Walk the Word Write a word or your child's name on a sidewalk or driveway with chalk, washable paint, or even tape.

You will need a paper towel roll and either paper plates with the centers cut out or circular cardboard cutouts. Attach the paper towel roll to a paper plate WITH the center (tape or hot glue might work best) to make a target. Set the target next to a wall. Toss the paper rings onto the target! \*Here is an example: Have your child walk/ jog/ or run the letters of the word or name. Try writing other words, even long words like "hippopotamus"!

Sharks and Minnows This game needs at least two players. One player, the minnow, starts on a side of an open space.

The second player, the shark, starts in the middle of the open space. The minnow tries to run across the without being tagged by the shark. Switch roles once the minnow is tagged, and repeat as desired. \*You can set up markers such as cones or flags for boundaries so your child knows where to run.\*

Red Light, Green Light, Yellow Light: Campers Edition

This is a similar game to red light, green light. One person is the camp director and starts on the far side of an open space. When the director yells "camper go", the camper starts walking. If the camp director says "camper stop" the camper stops immediately. The camper is trying to get to the director as soon as possible.

Waddle Like a Penguin Place a ball, balloon, or pillow between your child's knees. Have your child waddle around like a

penguin. For extra fun, set up an igloo using items such as chairs, pillows, and/or sheets.

Classic Race In a grassy field or open space, have your child race you or another child. It can be a running race,

hopping race, crawling, or any animal movement. You can even try swimming like fish! Use your imagination to come up with something fun to be in the race. For more fun, create a finish line with two poles or chairs and **very loosely** tied ribbon or string. Have your child run through the finish line and practice that photo finish!

Follow and Dribble on the Line Stretch out a jump rope or string into a line. Have your child dribble or kick the ball while trying to keep it on the line.

Classic Simon Says Directions adapted from [Playworks](#) and [The Best Ideas for Kids](#)

Explain that you are going to give directions to perform a specific action or sound. Everyone should only follow your direction if you first say "Simon Says". If someone follows your direction when you don't say "Simon Says" they receive a consequence, such as: jumping jacks, touching the ground, getting a high five from "Simon". "Simon" can call all types of directions, i.e. touch your nose, toes, stretch to the sky, run in place, jump 5 times, skip high, make silly animal noises, etc. Check out the ideas in the printable packet.

DIY Paddle Ball This activity will need the materials;

2 paper plates 2 wooden spoons Balloon Tape

Create two paddles by attaching wooden spoons to the back of paper plates with tape. Blow up a balloon and tie it shut. With the paddle hit the ball back and forth with your child. Try to keep the balloon off the ground! Count how many hits each person can make before the balloon falls on the ground.

Number Spot Search Start by writing numbers in large font on pieces of paper. Lay the numbers around an open space.

Have your child stand in the middle of the numbers. When you call out a number, have your child run to the number and stand on it. Repeat until all the numbers are called. Help your student identify the numbers, if needed.

Jump the Noodle Adapted from [Prime Coaching Sport](#)

You will either need a pool noodle or a jump rope. The adult "sweeps" the floor with the pool noodle or jump rope, while your child jumps over it. Do this about 10 times and then try switching roles. \*See picture example\*

Plant the Tree Adapted from [Prime Coaching Sports](#)

In this game, you will need cones or colored paper spots, and bean bags or balls. Take the cones and split the area you are playing in half, with a "lane" in the middle. Place the bean bags or colored balls on one side (only one side, the other side should be clear). Have your child run to grab one ball or bean bag and set it on the opposite side (clear side) to "plant a tree." See how many trees your student can plant in 15 seconds, 30 seconds, and one minute! \*See picture provided\*

Follow the Leader This activity will need two people. One person is the leader and the other is the follower. The leader

chooses an activity, like running in place, touching toes, jumping high, or bunny hopping! Whatever the leader does, the follower copies. Make it silly by mooing like a cow or standing like a flamingo!

Fill the Bucket Adapted from [The Resourceful Mama](#)

For this activity, you will need; 4 buckets, cups, or bowls 2 sponges, small towels, or old t-shirts that you don't mind getting wet 2 people minimum

You will need to set up a course for this activity. The course can be on a sidewalk, in a grassy area, or in a driveway. Place two buckets at the beginning of the course and two buckets at the opposite end. Both buckets on one side need to be filled with water. Place one sponge/ towel/ t-shirt in each bucket. Race the other person to the empty buckets where you squeeze the water out. See who can put the most water in their bucket in 30 seconds, 45 seconds, and 1 minute!

## SIMON SAYS

## SIT DOWN TURN AROUND

**IN A CIRCLE JUMP UP  
AND DOWN HOP ON  
YOUR RIGHT FOOT HOP  
ON YOUR LEFT FOOT  
CLAP YOUR HANDS  
TOUCH YOUR KNEES  
WIGGLE YOUR FINGERS  
PUT ONE ARM IN THE AIR  
FLAP YOUR ARMS LIKE A  
BIRD SLITHER ON THE  
GROUND LIKE A SNAKE  
QUACK LIKE A DUCK RUN  
IN PLACE STAND ON ONE  
FOOT PUT YOUR HANDS  
ON YOUR HIPS PRETEND  
YOU ARE A DOG MOO LIKE  
A COW WINK YOUR RIGHT  
EYE PUCKER YOUR LIPS  
SING AS LOUD AS YOU  
CAN PAT YOUR BELLY PUT  
BOTH HANDS ON YOUR  
HEAD WAVE HELLO RAISE  
BOTH HANDS IN THE AIR  
SHAKE YOUR RIGHT ARM  
SHAKE YOUR LEFT ARM  
PRETEND LIKE YOU ARE SLEEPING ROLL ON THE**

**FLOOR DO A SOMERSAULT  
SKIP AROUND THE ROOM  
GALLOP LIKE A HORSE  
MEOW LIKE A CAT HOP TO  
THE RIGHT HOP TO THE  
LEFT MAKE CIRCLES WITH  
YOUR ARMS**

**TOUCH YOUR  
EARS STICK OUT  
YOUR TONGUE DO  
JUMPING JACKS DO  
A SILLY DANCE DO  
A CARTWHEEL  
SQUEAK LIKE A  
MOUSE WALK LIKE A  
PENGUIN**

**SIT DOWN AND SCOOT ACROSS THE ROOM WALK  
ON YOUR TIP TOES MAKE A  
SAD FACE MAKE A HAPPY  
FACE ACT LIKE YOU ARE  
ICE SKATING DO A SIT UP  
TALK LIKE A ROBOT ACT  
LIKE YOU ARE DRIVING A  
CAR DO A PUSH UP  
WIGGLE YOUR TOES**

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