



**TAKE IT
OUTSIDE!**

Use these simple 15 outdoor activities to get your children moving. The activities listed require only you, your child, and your imagination.

Did You Know? Physical activity for young children is an important component of early brain development and learning.

When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways. Go outside and practice walking, running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow Run. As you name each color of the rainbow, run and touch 3 things that are that color.
5. Go for a walk. Breathe in the air as you swing your arms and hold your head high.
6. Take a walk. First, go in straight lines, then curvy lines, and then try walking backward.
7. Go outside and practice running. When you run, work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around and even under. See how quickly you can run the course.
9. Find an open space and work on rolling in different ways: long, straight body and a curled up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubbles before they pop.
11. Pretend you are at a zoo. Identify an animal, then move and sound like that animal.
12. Pretend to be a growing flower. First, you are a tiny seed in the ground and then grow into a big flower.
13. Pretend to be a balloon: first, without air, then being blown up, floating around, and then being popped.
14. Motions of the weather. Use your body to pretend to be different types of weather: rain, wind, thunder, snow. Be creative!
15. Pretend to move like different foods. Melt like a Popsicle or pop like popcorn.



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