

FAMILY FOCUS



Movin' Minutes

Children need opportunities for movement every day. Child care providers can encourage children to be physically active and practice different movements with simple movement games. These movin' minute activities are simple and require little or no equipment. Use them indoors or outside, extended as part of a gross motor activity or shortened for transition times.

Tightrope Walker

To play, you need a small space, indoors or outside, and some masking tape, yarn, or chalk. Use the tape, yarn or chalk to create a straight line for children to walk on, about 8 feet in length. Ask children to imagine they are walking on a high, narrow tightrope like someone in the circus. Encourage children to take steps, alternating their feet, going slowly and holding their arms out wide at their sides to help stay balanced. When they reach the end of the rope, clap and cheer!

Carrot Crunch

"Dip, dip, dip," (hop on one foot, while saying "dip"), then land on both feet. Clap hands together and say "Crunch!" Hop on the other foot, while saying "dip, dip, dip," then land on both feet. Clap hands together and say "Crunch!" If your child has difficulty hopping on one foot, simply move from one foot to the other.

Rabbits and 'Roos'

Pretending to be an animal is always fun for children. Ask them to jump like rabbits (lower to the ground with small hops) or kangaroos (jumping as high and as far as they can).

Hoop Hop

Put a plastic hula-hoop on the ground, then have children hop (or jump, if too young to hop) in, out and all around the circle. Challenge children by reversing the direction.

Surprise!

Get children's bodies moving and creative juices flowing! Start by pointing out a destination, then ask your child to show you their surprise moves. Prompt them by saying, "Can you surprise me by ... ?"

- Marching, lifting your knees up high and swinging your arms
- Clapping your hands over your head while you march
- Stomping as though walking through mud puddles
- Walking sideways



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Sources: Healthy Habits Grow Healthy Children and http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=165

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