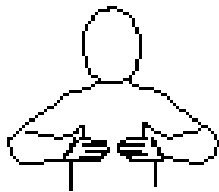


Active Play!

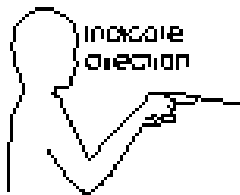
Healthy Living

Structure sports provides significant benefits from children in all developmental stages of life. They can improve general mood, self-esteem, self-confidence, and social awareness, which aid in empowering the lives of children. Lots of good reasons to get moving!

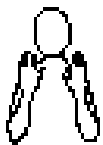
Visual and key signs



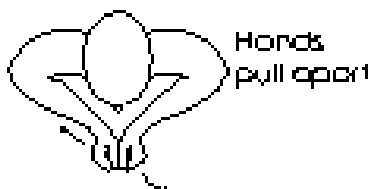
ready



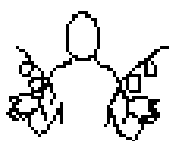
go



stop



sport



play

Create your resources:

Balls with socks and rice

1. Take a pair of socks.
2. Pour in some rice.
3. Put your hand in and give a bit of a twist.
4. Pull the end of the sock over.

Bowling pins

Squirt some paint and a few drops of water inside plastic bottles. Put the caps and shake them until they are completely coated with paint. Pour out the leftover paint and let the bottles dry overnight.

Indoor hopscotch

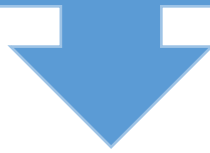
Grab a roll of tape and carefully place it onto the hard floor in the hopscotch shape. Once the boxes are created, number them!

Warm up songs:

Head and shoulders... - <https://www.youtube.com/watch?v=fvEtwhui1k0>

If you're happy - <https://www.youtube.com/watch?v=l4WNrvVjiTw>

Shake your sillies out - https://www.youtube.com/watch?v=NwT5oX_mqS0



Fill the Bucket Water Game



Provide your child with a cup and two buckets (one smaller, one larger). Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. Have your child scoop water from the larger bucket and fill the smaller one. To make the game more challenging, put small holes in the cup or have your child dance as they move from bucket to bucket.

Bowling with bottles

Set up plastic bottles for bowling pins together. Have your child take a ball and roll it towards the pins. Let the child count how many knocked down pins, give your child a second roll and have children add it up, help them count out loud, or write down the scores.



Lemon and spoon race

Make a start and finish line. Provide your child and yourself with a spoon and a lemon and, line up at the starting line holding the spoon in the mouth or hand. When you say go, run as fast as you can without the lemon rolling out the spoon to the finish line.



Hopscotch

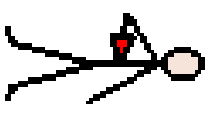


Draw a hopscotch design with your child on the floor with chalk or tape. Ask your kid to choose a small object and throw it to land inside the square without touching the border. They have to hop through the squares, skipping the one you have your object on. Pick it up on the way back and pass the object onto the next person.

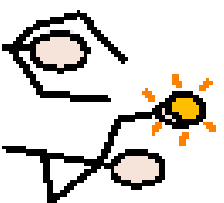
Obstacle Course

Indoors or out in the garden, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. etc.

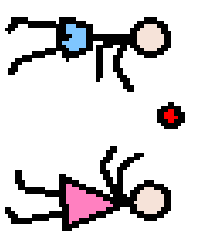
I



want



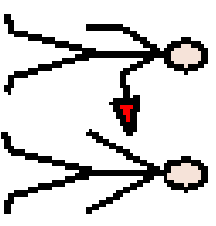
play



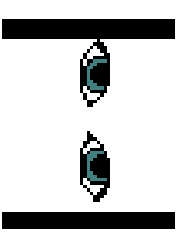
throw



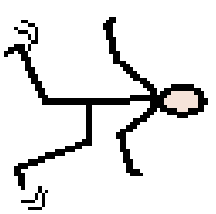
you



see



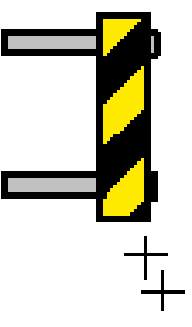
skip



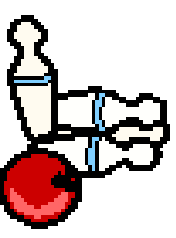
run



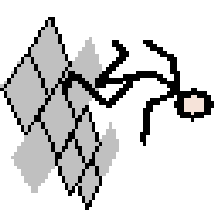
obstacles



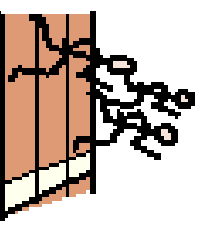
bowling



hopscotch



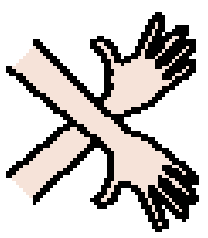
race



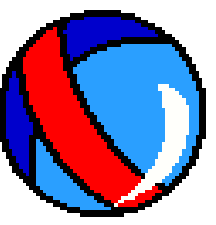
more



finish



ball



spoon

