

# Fun Ways to Get Kids Moving

Printable tips for info on the go! Print, cut on the dotted line, then fold on the solid line in the center. Now, hang anywhere you and your family will see it each day!



## Tips to Move Year-Round

**1. Scavenger Hunt:** Make your hunt indoors or outdoors! In the fall, look for different leaves. In the spring, look for flowers!



**2. Hopscotch:** Create a path indoors with tape on the floor or outdoors with chalk.

**3. Obstacle Course:** Set it up indoors or outdoors using furniture, pillows, jump ropes, and other items around your house!



**4. Ring Toss:** Attach an empty paper towel roll to the center of a paper plate for your "pole." Take more plates and cut out the center to create your rings!

**5. Ice Skate:** Head over to an outdoor rink or stay inside and attach paper plates to your feet and "skate" through the house!



**6. Money Toss:** Toss 5 coins on the floor. Count how many heads and tails there are or find other patterns. Add physical activity by doing seated twists for each heads up and toe touches for tails!



## Get Flowing!

### Warrior II

Step your left leg back and align your heels. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Straighten your back leg and point your toes to the side. Bring your arms to shoulder height and straighten them out in a "T" at your sides, palms face down. Look over the fingers of your front arm. Switch legs.



### Forward Fold

With your feet hip-distance apart and a soft bend in the knees, fold your chest forward towards your thighs. Drop the top of your head towards the mat and let the hands relax on or toward the ground.



Scan here for more fun yoga poses!



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## Simple Ways to MOVE!

Life can be busy but making time to move your body can help create healthy habits for life. Here are some ideas to help you reach the American Academy of Paediatrics' (AAP) recommended 60 minutes everyday!



### Game time

Set aside 30 minutes each day for fun, movement-based games like Movement Simon Says or Charades.

### Take daily walks

Replace 30 minutes of screen time with a walk.

### Daily dancing

Add dance moves to everyday routines like brushing teeth, getting dressed, eating breakfast, making the bed, cleaning, or doing dishes.

### Don't forget to stand up

Encourage kids to stand up and stretch throughout the day, while they read, and during homework.

Scan here for fun follow-along movement videos!



## Rock & Roll!

Looking for a simple and fun game to get moving? Try our favorite dice game! Find two dice. Roll one die and find your movement below. Then roll the second die to determine the number of times or how long to do the activity.



ARMS ACROSS CHEST STRETCH



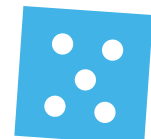
TOE TOUCH STRETCH



PRETEND TO JUMP ROPE



JUMPING JACKS



MOUNTAIN CLIMBERS



RUN IN PLACE

