

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!



MOVE THROUGH PLAY!

The best kind of movement is the kind your child enjoys! Whether they're using their imagination, playing outside, or laughing with friends, every active moment helps build strength, balance, confidence, and lifelong healthy habits.

GO ON A MOVEMENT HUNT:

- Find 5 things that are green
- Look for birds, flowers, or bugs
- Collect leaves, rocks, or pinecones



CREATE YOUR OWN CHALLENGE:

- Build an obstacle course with pillows or chairs
- Create a hopscotch path with chalk or tape
- Try to balance along a sidewalk crack or line



PLAY WITH EVERYDAY ITEMS:

- Toss socks into a laundry basket
- Roll a ball back and forth
- Play "Don't Let It Drop" with a balloon, scarf, or stuffed animal



TRY AN ANIMAL ADVENTURE:

- Bear crawl
- Frog jumps
- Cheetah sprints



MAKE IT A FAMILY CHALLENGE:

- Who can balance the longest?
- Who can hop the farthest?



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.



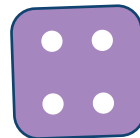
**ARMS ACROSS
CHEST STRETCH**



**TOE TOUCH
STRETCH**



**PRETEND TO
JUMP ROPE**



**JUMPING
JACKS**



**MOUNTAIN
CLIMBERS**



RUN IN PLACE



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SIMPLE WAYS TO MOVE

Movement doesn't have to mean working out! Every step, stretch, dance, and game adds up. The American Academy of Pediatrics recommends that kids get about 60 minutes of physical activity each day, but it can happen a little at a time.

PLAY YOUR WAY:

- Dance party
- Simon Says
- Charades
- Obstacle course



MOVE MORE EVERY DAY:

- Walk the dog
- Park farther away
- Take the stairs
- Stretch at your desk



MAKE CHORES ACTIVE:

- Carry groceries
- Wash the car
- Pick up toys
- Sweep or vacuum



ADD MOVEMENT TO YOUR ROUTINE:

- Stretch after waking up
- Dance while getting ready
- March in place while brushing your hair and teeth
- Walk while studying



GET FLOWING!



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 ground and let the hands relax on or toward the ground.



CHAIR POSE

Standing with feet hip-distance apart, bend your knees and sit your hips back as if you are sitting in a chair. Keep your knees behind your toes and tighten the muscles in your bottom. Hold your arms out straight in front of you.



CHILD'S POSE

Start kneeling on all fours with your big toes touching. Sit your hips back toward your heels and walk your arms out in front. Press your chest towards the ground. Rest the forehead on the ground and breathe.



SCAN HERE FOR MORE FUN YOGA POSES!