

MOVE PLAY & LEARN

AT HOME

MOVE, PLAY AND LEARN AT HOME

Aviator

GET READY:

This game is best played in a longer room or in a hallway.

GET SET:

Start in pushup position (don't worry we are not going to do pushups) on one end of the room or hallway.

GO:

- Begin by starting your engine by raising and lowering your body up and down, while making engine sounds. Repeat this motion 3-4 times.
- When your engine is started – stand up and pretend to fly to the other end of the room/hallway.
- When you arrive at the other end, lower your body back down into the starting position.
- Repeat -- Change the way you move (i.e. running, galloping, skipping).

Copy Cat Add On

GET READY:

No equipment is needed.

GET SET:

Decide who is going to go first.

GO:

- The first person does any movement they want – such as jumping, turning a circle, touching the floor.
- The second person repeats that movement and adds on a new one.
- The first person now does both movements and then adds on a third one.
- Continue until you can no longer remember the movements or the order
- Variation: This can be done with striking and catching tricks with a pair of socks

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Juggling Grocery Bags

GET READY:

Use produce bags or plastic grocery bags.

GET SET:

Start with one bag in one hand.

GO:

- Begin by working on self toss and catch skills.
- Add some challenges if your child is ready such as clapping before you catch it, touching your nose or tummy before you catch it, touching the floor, sitting down and catching it, or sitting down so that it lands on your back.
- Wad the bag up into a ball and throw it as hard as you can. Work on stepping with that opposite foot.
- Play catch. Try catching it on different body parts.
- Add another bag if your child is ready for the challenge. Toss them both at the same time and try to catch them; toss one and then the other; or catch one and then the other (toss, toss, catch, catch).

Sock Hockey

GET READY:

You will need a laundry basket or box, rolled up sock ball or a small ball or a balloon, and an empty paper towel roll.

GET SET:

Place the laundry basket on its side on one end of the room. Have your child start on the other end of the room, using the empty paper towel roll as a hockey stick.

GO:

- The goal is to work on striking the sock ball so that it ends up in the laundry basket goal.
- Create two goals and turn it into a little game of hitting it back and forth.
- How many times do you have to strike it to get it into the goal?



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Color Find

GET READY:

This can be played all over the house. No equipment is required but it may be helpful to have a visual of the different colors.

GET SET:

Start anywhere in the house where there are a variety of colors. Decide what movement to use (e.g., walking, running, sliding, hopping, etc.).

GO:

- Point to a color and ask your child to name it.
- Then hold up a certain number of fingers and ask him/her to count them.
- His/Her job is to use the designated movement to move to and touch that number of the identified color of objects (e.g., gallop to 5 different purple objects or run and touch 3 orange objects).
- You can also play this outdoors, either in a yard or park. Explore the colorful natural and manmade elements in your area.

Give Me a Ride

GET READY:

You will need a laundry basket or a box and a favorite toy or stuffed animal to put in the box/basket. This game requires using a floor that will allow the basket/box to slide when pushed or pulled.

GET SET:

Put the toy in the basket.

GO:

- Give the toy a ride around the house. First push it all over the space and then try pulling it.
- End with a ride for the child. 😊

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Stepping Stones

GET READY:

Collect a bunch of wash cloths, hand towels, and larger towels (or you could use sheets of newspaper).

GET SET:

Spread the washcloths out all over a room or even throughout a few rooms. Make sure they are close enough so your child can move on and off of them without having to touch the floor.

GO:

- Start standing on one of the items.
- Try to move across the space without ever touching the floor.
- A variation is to use a small ball or rolled up sock and toss it so it lands on a towel. Try to move from your towel to that towel using 2 different routes.

How Many Steps?

GET READY:

No equipment is needed.

GET SET:

Start in one room of the house. This can also be played outdoors.

GO:

- Decide on a way to move such as running, crab-walking, galloping, or sliding.
- Guess how many steps it will take to get to a different room (e.g., child's bedroom, kitchen, or bathroom).
- Move as you count the number of steps.
- Once you get to the room, identify the number of steps it took and then do that many jumps.
- Variation: Pick a new way to move and a different room and do it all again.

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Note: Challenge older preschoolers with these activities.

Creating Movement Patterns

GET READY:

No equipment is needed.

GET SET:

Talk about the idea of patterns, then help your child understand the repeating AB pattern. Use color blocks or small objects to provide a visual.

GO:

- Begin by thinking of two different movements. Let your child get creative here.
- Now put these two movements into a movement pattern.
- Start with simple patterns (AB), and then try more difficult ones (AABAAB, ABBABB etc). Ex: A = jump, B = stand on tip toes. AB pattern = jump → stand on tiptoes. Model the first pattern for the child, then do it along with him/her.
- Change the movements used to create the pattern.

ABC Toss Across

GET READY:

Using pieces of paper or paper plates create ABC cards. Put one letter on a piece of paper plate. Write all letters on another sheet of paper. You will also need a bean bag or rolled up pair of socks and 4-6 hula hoops or sidewalk chalk for outdoor play.

GET SET:

Choose 4-6 letters and spread those cards out on the floor. Designate a starting spot.

GO:

- Begin by identifying the letters on the plates/pieces of paper and finding them on the sheet with all of the letters.
- Place the letter inside a hula hoop to create a large target area. You can also do this outside and use sidewalk chalk to draw large targets and letters.
- Choose a letter and show it to your child. His/her task is to underhand toss the sock ball so that it lands on the letter (or close to it).
- Or you can start by having him/her toss the sock ball and then name the letter it lands on.