

Activity Guidance

Review each of the activities below and make sure everyone involved is physically able to participate. It is always a good idea to review new activities with your child's health care provider. This allows for the health care provider to share input and allows for more comprehensive care of your child.

Any of the activities can be modified or changed to meet your needs.

Have fun!

Dance Contest: Pick your favorite songs and have a dance competition. Try to dance until the song ends. At the end of the song rest for a couple minutes, have some water, and then pick another song. Aim for at least 10 minutes of dancing, resting in between songs.

Jumping Jacks: Many different ways to do this activity.

1. You can see how many you can do in a row. Rest for a few minutes, have some water, and then do it again trying to do one more than last time.
2. You can do 1, rest for 10 seconds, do 2, rest for 10 seconds, do 3, rest for 20 seconds, do 4, rest for 20 seconds, do 5, rest for 30 seconds, do 4, rest for 20 seconds, do 3 rest for 20 seconds, do 2, rest for 10 seconds, do 1. This is called a ladder (1,2,3,4,5,4,3,2,1). You can repeat the ladder as many times as you can resting a few minutes in between each ladder, aiming for at least 10 minutes total time for the activity.
3. You can put on your favorite song and every time the chorus repeats do jumping jacks until it switches to the next verse. You can do this with a few songs resting 2-3 minutes in between songs aiming for a total of at least 10 minutes for the activity.

Music March: This can be a lot of fun. Take turns being the leader in the march. Play some music, dress-up, wave scarves and march with high knees around the house. March until your songs ends, rest for a few minutes, have some water, and start again.

Kangaroo Bounce: Practice hopping on one leg, then the other, and jumping with both legs. You can jump/hop forward, backward, left, right, high, low, jump/hop and reach for the sky, or jump/hop tucked down close to the ground. Have fun making patterns or copy cat each other. Aim for at least 10 minutes of bouncing activity, taking a couple minutes rest as needed with water.

The Mouse & The Elephant: For this activity you will be tip toeing and "stomping" around the house. Music is great with this activity you can change from tip toeing to stomping as the music changes, you can take turns calling out "Mouse!" or "Elephant!". Aim for at least 10 minutes of tip toeing and stomping taking a couple minute rests as needed with water.

Stretching: Stretching is an important part of keeping your body healthy. You can take turns picking which body part you are going to stretch. Reach for the sky, reach for the ground, be a "little tea pot" and stretch to the side. You can also go to the local library and borrow a children's yoga video. Aim for at least 10 minutes of stretching with rest as needed.

Balloon Bump: Blow up a balloon and see how long you can bounce it back and forth without it touching the ground. When it lands on the floor, take a break for a couple minutes and then start again. Do this until you have been playing for at least 10 minutes. *Note: If you blow up the balloon and then cut the foot off of a pair of nylon stockings and put the balloon in it and tie it, this will help keep the balloon from popping when it bounces into things and if it does pop the pieces will be contained and decrease the risk of choking hazards.*

Obstacle Course: Use the furniture in your house to create an obstacle course. Crawl under tables, across the couch, turn left, and turn right. Take turns building a course and completing it. You can also time each other and see who can get through the fastest or keep trying to beat your own time. Make sure it is clear that one of the rules is the adult has the final say in the safety of the course designed.

Rag Catch: This is a fun indoor catch game. You can use a dish rag, hand towel, part of an old t-shirt or other piece of cloth. The lighter weight it is the more challenging. A lot of effort has to be put in to get the rag to fly. You can make it challenging by taking a step back with every successful toss & catch; increasing the distance in between players. Play for a little while, resting as needed, aiming for at least 10 minutes of play time.

Follow the Leader: Take turns being the leader. Make up funny walks. Do zigzags, twirls, high knees, gallop, trot, skip, etc. Take rest as needed and aim for at least 10 minutes of follow the leader.