



HELLO PARENTS,

With schools and community sports leagues cancelled, we are encouraging healthy children to continue being physically active at home. Build in activities that help everyone get some exercise, let children burn off energy, and make sure everyone is staying healthy and active.

ACTIVITIES

INFANTS (3 -18 MONTHS)

CUSHION CLIMBING:

Perhaps one of the easiest and safest ways for your child to improve his climb. Place cushions of different shapes and sizes on the floor and make your baby climb up and down them.

TODDLERS (19 MONTHS – 2.5 YEARS)

PILLOW WALK:

Set up a line of couch or bed pillows on your floor and have your child walk from one end to the other. It may sound easy but their balance will be challenged!

Try [Five Little Monkeys Jumping on the Bed](#).

PRESCHOOLERS (2.5 – 5 YEARS)

SIMON/SIMONE SAYS:

While the rules are simple, the options for movement are endless. [Simon](#) can have children jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.

For more active fun check out [Freeze Game](#) and [The Ants Go Marching](#).

JK/SK (4 – 6 YEARS)

"PILLOW CASE" RACE:

Update this classic by using pillow cases! Have your children step in and hold it up around their waist, then hop to the finish. So simple, but they will be laughing and getting tired all at once.

SCHOOL-AGERS (6 – 12 YEARS)

MOVEMENT CHARADES:

Pretend to be your favorite animal, superhero or sports player by imitating their signature moves (no sounds allowed!). The rest of the players try and guess who they are – the first one to do so correctly, gets a point. If your children have trouble thinking on the spot, write down some suggestions and place them in a hat to draw from when it's their turn.

Find more exercise [here](#) and later learn some cool [dance moves!](#)

WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

A TIP FOR TODAY

Plan time for your children to engage in at least 60 minutes of physical activity each day.

Make sure to pick a certain time in the day that is suitable to everyone's moods as well as free time. Right before or right after lunch usually works best. If you go for a walk, make sure that you maintain physical distancing of 2m (6 feet) between you and others who are out, too.

