

At Home Activities (ages 3+)

Getting our little ones moving can be a challenge. Here are some fun ideas of activities you can do in your home or around your neighborhood to get kids 3 years old and older moving.

Gardening

Helping in the garden is a great way to be outside in the fresh air. You can watch something that you planted GROW into a beautiful flower or a delicious herb! Even helping to pick weeds is a great way to get some physical activity!

- * No space outside? Pots and bulbs are great ways to keep a garden on a deck and even in the house. Just make sure the plant can get all the sun it needs to grow.

Board Game and Ground Play

Board games can be played with the whole family and with kids of all ages. Below is a list of some interactive board games you could try:

- Hullabaloo
- Charades
- Twister
- Footloose
- * Other activities you can do inside include:
 - Rolling a ball back and fourth
 - Pretend play: animals, trains, cars, etc.
 - Build a fort
 - Play parachute games with a blanket; include a ball too
 - Play their favorite TV show (example: Dora the Explorer, Thomas the Tank Engine, etc.)

Park, Backyard or Field

Listed below are some fun games that will not only keep you entertained but keep your child moving!

- * Relay races

- Time yourself! Relay races can be done with as little as two people, just time yourself and try to get faster every round.
 - Race a friend. For larger families or groups, splitting into evenly matched teams is a great way to get more people involved. The competition will go up as the teams face off to try and be the fastest! (Just make sure to keep the focus on fun, not competition!)
- * Where the big wind blows
 - Looking for a game to play with a big group? ‘Where the big wind blows’ is your answer.
 - Have the children stand in a large circle. Choose one person to be the ‘big wind’. They start by saying “the big wind blows if you like to _____ (example: jump rope)!” Then all of the children who like to jump rope have to run to find a new spot in the circle (it cannot be next to them). Whoever is left in the middle is the next big wind.
- * Hokey pokey
 - Someone running late? Don’t sit and wait! Do the hokey pokey and turn yourself around...!
 - The hokey pokey is a great in-between activity to use up some time when your child might otherwise sit and wait.
- * Sandbox
 - Help your child dig and create in the sandbox. It will help their imagination grow and the bodies to move around.
- * Tag
 - Tag is usually played with lots of people, but one-on-one tag can be just as fun! Play around with different types of tag like: freeze tag, octopus tag, and many more.
- * Swings
 - The best way to benefit from the swings is for your child to pump themselves! Once they learn how, it’s a good way to keep them occupied.

- * Hop scotch
 - All you need is some chalk and a sidewalk. First, draw a box and label it '1'. Next, draw two boxes overtop and label them '2' and '3'. Then it is back to one box, number '4' and so on. Keep going to at least ten boxes.
 - How to play: Jump into each box using only one foot per box. So the pattern should be: one foot, two feet, one foot, two feet and so on. See if your child can go up and back without putting two feet in one box!
 - Make it harder by changing the order of the boxes! (example: Three single boxes in a row, then a set of two foot boxes)

- * Duck-Duck Goose
 - To be played with larger families or groups.
 - Sit in a circle, choose someone to be the 'ducker.' The ducker walks around the outside of the circle, gently touching each player on the head saying "duck... duck..." until they come to the player they want to have chase them and they yell 'GOOSE!' The goose gets up and chases the ducker around the circle trying to catch them before the ducker sits down in the geese's spot. The goose then turns into the ducker.

- * Jump rope games
 - Jump by yourself! Jump with three! Help each other turn the rope.

Freeze Dance

Dance, dance, dance! To play this game you will need music that you can turn off and on and your dancing feet. The rules of the game:

- * Each player finds space of their own, and the music controller is the judge. When the music plays, the players have to show off their best dance moves, but when it stops, they have to FREEZE in whatever position they were in. The judge then looks around and makes sure no one is moving. Continue to turn the music on and off to keep playing!
- * For some extra added fun, try taping pennies to the bottom of their shoes so they can 'tap dance.'

- * Get a few family members or friends together and have a rockin' dance party!

Treasure Hunt

Create a treasure hunt around your home or neighborhood to do with your family. For each hunt, think of a different theme. It should involve as many stairs and as much walking as possible, even if it's back and forth to similar spots.

- * Think of 7-10 clues. The final destination should have some kind of non-food related reward. (example: A special afternoon outing just for mom and child, or the child gets to pick the family physical activity done for the next 3 days, etc.)
- * Theme Ideas: Pirates, beach party, hints to a future vacation or event, sports (do a different sport at each station), cooking (help gather the tools to make a healthy snack), etc.

Hide and Seek

Play hide and seek in the house or in your yard. Try to hide in different spots around the house and on different floors. If outside, add a tag game to it, so your child has a chance to run away and get to 'base' before they are found.

Playing With Your Pet

Pets need love too! Encourage your child to play with any pets you may have in the house. Get them to go on walks, feed and care for their little friends!

***For more fun game ideas visit:**

familyfun.go.com/playtime or ask your physical activity specialist