

Get Families Moving at Home

Ideas Sourced From:

SNAP-ed ECE Toolkit

Playworks

Sesame Workshop

Let's Move Resource Guide

Indoor Hopscotch



This playground favorite can work on any surface. If you have tile, use the tile squares to identify what squares to use. With carpet or other surfaces, use tape to mark the pattern.

Freeze Dance



Find your family's favorite music and turn it up. Have everyone dance until the music pauses. When it does, everyone has to freeze and hold the position they are in. Keep it going over all your favorite songs.



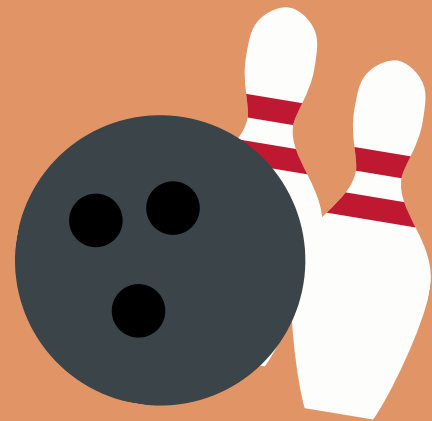
Treasure Hunt



Kids love searching for hidden objects using clues. Write your clues on some slips of paper and place the first clue somewhere easy for your child to find. Then leave as many clues as you want around the house, making a trail to the final clue.

Indoor Bowling

You can use water bottles, paper towel rolls, markers or anything else you have around the house as “bowling pins”. Line up 6-10 “bowling pins” and use a soft ball and begin the fun. Take turns bowling and setting up pins.



Simon Says

1. First, choose someone to be "Simon."
2. "Simon" will then make a series of commands to others in the group, which they follow. Examples: walk like a duck, gallop like a horse, touch your toes, balance on one foot,
3. "Simon" begins each command they want the group to follow with "Simon Says." If, however, this is not stated, the command should not be followed.
4. To stay in the game, children only must follow the commands that begin with "Simon Says." If someone follows a command without "Simon Says," they must sit down and wait for the next round.

Tip: If you want to make the game difficult for older children, simply issue commands faster and faster, and make the actions more and more difficult to complete.

Hot Potato



1. Use a soft ball or a rolled up sock and toss it to a child. This is the "hot potato."
2. Tell the children to toss this "potato" to someone else as quickly as possible.
3. Everyone repeats this quick tossing action.
4. The game can end whenever in this open format!

Follow the Leader

1. Select one child to be the "leader."
2. Instruct the other children to follow the leader in a line, wherever they might go.
3. Under the table, around the chairs, through aisles, etc.

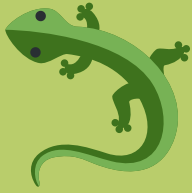


Tip: An optional variation is to merge this game with Simon Says. Instead of the children only following the leader, they also have to do exactly what the leader does. Jumping jacks, dancing, headstands, whatever!

Duck, Duck, Goose

1. Choose one child to be the Goose.
2. All the other children sit in a circle with enough space to move around the circle (behind).
3. The Goose then walks around the circle, tapping each child lightly on the head, and saying "Duck".
4. Eventually, the Goose, will say "Goose!" instead of "Duck" when tapping a child on the head.
5. This means that the tagged child then must chase the Goose around the circle and reach them before they claim the vacant spot in the circle.
6. If the tagged child does not touch the Goose before they sit in the open spot, the tagged child then becomes the new Goose.
7. This game can go on as long as children are engaged!

Animal Races



1. Mark a finish line on the floor or by an object in the room. The first child to cross this line is the winner.



2. Choose an animal for the children to act out.
3. Have all the children start on the starting line.
4. When the race begins, the children should move like whatever the chosen animal is. Examples: hop like a frog, run like a dog, walk like a bear, crawl like a lizard, gallop like a horse, jump like a kangaroo, etc.



5. The first child to cross the finish line is the winner!

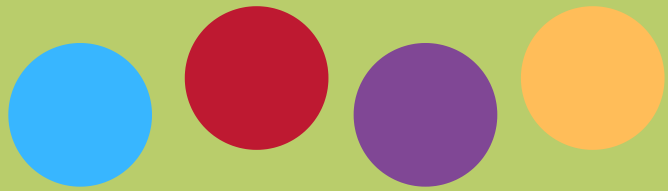
Balance Beam

1. Use painters tape to make a straight line on the floor (as long or short as you would like).
2. Encourage children to walk forwards, backwards, and sideways along the line, trying their best to only step on the tape.
3. When children master a straight line, add semi-circles or zigzags for a bit more of a challenge.



Tip: Outdoors this game can be done with sidewalk chalk to the same effect!

Color Toss



1. Tape a piece of colored paper to the outside of 3-5 baskets, bins, or large bowls.
2. Then have a basket full of colorful, soft balls in colors that match the paper on the baskets.
3. Ask the children to toss the balls into the matching color bin.
4. Children can take turns and cycle through a line OR there can be multiple setups in the room.

Tip: Match this game to the children's ability, move the bins closer if they are struggling or have younger children simply place the balls into the correct bin.

Nature BINGO

Try these awesome Mass Audubon BINGO games on Birds, Bugs, Climate, Trees and a Fall BINGO card that is perfect for now! A great way to enjoy the outdoors as a family, even if it's just your backyard!



BINGO Cards: <https://bit.ly/3kWZpNn>

A-Moose-Ta-Cha



Check out this fun (and silly) dance along video from Go Noodle! Kids can sing along and mirror the dance moves for a great desk break moment!

Dance Video:

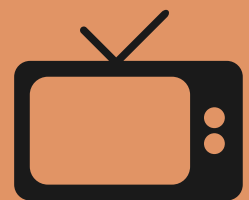
<https://bit.ly/33eE2Ry>

Active TV Breaks

It's okay to sit and watch your favorite shows, but why not set a goal for yourself to incorporate some movement too?

- If there are commercials, it could be as simple as trying 10 jumping jacks each commercial break.
- If you're watching Netflix, maybe you try 25 jumping jacks and 25 sit-ups between episodes. Set a higher or lower goal as needed!

And if the kids don't seem as excited, try silly dancing with music between commercials or a new yoga pose and deep breathing!



Red Light, Green Light!

- (1) Line up at the starting line.
- (2) One person is the traffic light and others are the cars. When the traffic light player turns around and says, "green light," others can move towards them. When they turn back around and say, "red light," all others must freeze.
- (3) If a car is caught moving during a red light, they return to the starting line (or count to 5 before rejoining). If a car makes it past the traffic light first, then they become the new traffic light!



Hula Hoop Contest

Using hula hoops, see how long the family can keep the hoop off the ground! Who can hula hoop the longest in your family?! Can anyone hula hoop with more than one hoop at a time?



Cone Challenges

Using small plastic cones, ask children to complete a series of challenges such as zig-zagging through cones, jumping over cones, tumbling around cones, and more!

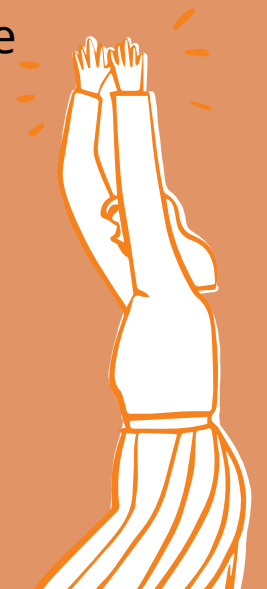
Don't have cones? Use anything! Try rolled-up socks, dish towels, or plastic cups instead!



Up, Down, Stomp, Clap

Everyone should sit in a chair or on the ground. You will do a lot of moving but you will not move from your seats. Pick a leader, who will give a series of commands for others to follow. When the leader says:

- UP, raise your arms up.
- DOWN, put your arms down
- STOMP, stomp your feet once.
- CLAP, clap once.



Memory Making!

The leader says, "I have been on many different adventures recently, but I forgot my camera on every one! I need you to help me recreate some of my favorite moments. I am going to describe some of my memories, and I need you to try and recreate them using only your body and your imagination." Tell a quick story about your adventure and each person takes a turn acting them out!



Obstacle Course

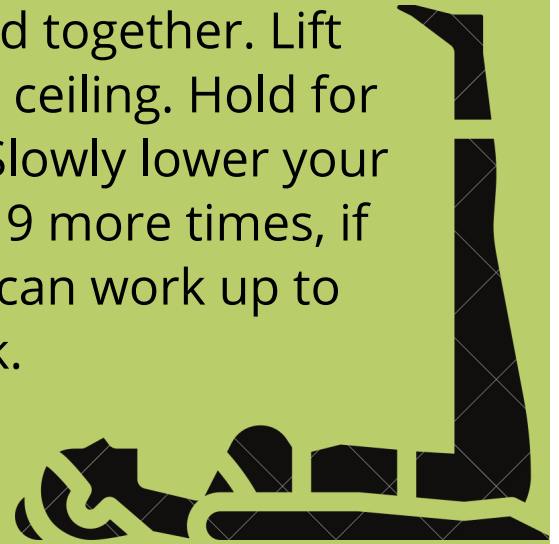
Using small plastic cones, hula hoops and/or sidewalk chalk, create a series of age-appropriate obstacles for children to complete one at a time. Some activities to consider:

- Hop scotch
- Climbing
- Balance line



Leg Lifters

Lie on your back on the floor with your hands next to you and your legs straight out and together. Lift your legs off the ground toward the ceiling. Hold for 15 seconds OR as long as you can. Slowly lower your legs back down to the floor. Do this 9 more times, if you can! And if you can't, see if you can work up to that number by the end of the week.



ABC Challenge

Challenge children to perform the following movements:

- (1) A is for Air. Can you take 5 deep breaths of air?
- (2) B is for Bouncing. Can you bounce like a ball?
- (3) C is for Curling. Can you curl your body into a round shape?
- (4) D is for Dodging. Can you dodge from side to side?
- (5) E is for Exercises. Can you do your favorite exercise?
- (6) F is for Football. Can you pass a ball like a quarterback?
- (7) G is for Golf. Can you swing your golf club and hit the ball hard?
- (8) H is for Helmet. Can you put yours on and ride your bike?
- (9) I is for Ice Skating. Can you skate around the room?
- (10) J is for Jump. Can you jump up high?
- (11) K is for Kick. Can you kick each foot up high?
- (12) L is for Lean. Can you lean to the left, then lean to the right? Do it again 5 times.
- (13) M is for Muscles. Can you pose and show me your muscles?
- (14) N is for Nose. Can you touch your nose? Sing and do Head, Shoulders Knees & Nose.
- (15) O is for Over. Can you jump over 3 great big holes?
- (16) P is for Push-ups. Can you do 18 push-ups?
- (17) Q is for Quietly. Can you tip toe quietly?
- (18) R is for Run. Can you run in place very fast?
- (19) S is for Swim. Can you swim like a fish?
- (20) T is for Throw. Can you throw the ball really far?
- (21) U is for Under. Can you get under your desk?
- (22) V is for Vibrate. Can you shake and vibrate like a washing machine
- (23) W is for Wiggle. Can you wiggle like a worm?
- (24) X is for X-ray. Can you trace the bones in your arms and hands that an x-ray could see?
- (25) Y is for Yo-yo. Can you go up and down like a yo-yo?
- (26) Z is for Zigzag. Can you zigzag around the room?

Learn Basic Jump Rope Tricks

<https://www.youtube.com/watch?v=pMSqCGHbS7k>

Learn To Double Dutch

<https://www.youtube.com/watch?v=0a3jbQ5Edvo>

Crack the Code Game

https://www.youtube.com/watch?v=FljuNtVc_g

Land, Sea, Air Game

https://www.youtube.com/watch?v=y07Su0b9_GM

Up, Down, Stop, Go Game

<https://www.youtube.com/watch?v=tKt-oylUGM>

Sesame Workshop Videos

Animal Yoga

<https://youtu.be/4WsxAGL2HUw>

Do the Freeze Dance!

<https://youtu.be/4WsxAGL2HUw>

Move Along with Elmo

<https://youtu.be/f-l6o2-7mi8>

Work Out with Grover

<https://youtu.be/yJMaNOJ94Wc>

Vocabulary Walks

<https://youtu.be/92M6ktVI4dQ>

Find More Videos, Games & Activities: <https://www.sesamestreet.org/>