



## Physical Activity Materials for Families

Children love to move throughout the day. Common household supplies and playground equipment will stimulate their interest and motivate a lot of different movements. Here comes fun and learning to your home and outdoor environments! Look through your home and at the local park that you visit with your children. Use this list and the experiences below to inspire you to playfully explore with infants, toddlers and preschoolers!

Toddlers	OUTSIDE
<input type="checkbox"/> Soft blocks (cloth, squeeze)	<input type="checkbox"/> Riding toys without pedals
<input type="checkbox"/> Grasping toys (rattles, rings, squeeze toys)	<input type="checkbox"/> Scooters, tricycles
<input type="checkbox"/> Stacking, nesting cups	<input type="checkbox"/> Wagons
<input type="checkbox"/> Cause and effect toys (pop-up, Jack in the Box)	<input type="checkbox"/> Large push-pull wheel toys
<input type="checkbox"/> Sturdy things to pull up on	<input type="checkbox"/> Stroller
Toddlers and Preschoolers	<input type="checkbox"/> Baskets to carry materials outside
<input type="checkbox"/> Floor blankets and quilts	<input type="checkbox"/> Balls of various sizes and textures
<input type="checkbox"/> Large blocks (cardboard, vinyl, wood)	<input type="checkbox"/> Rings for ring toss
<input type="checkbox"/> Plastic shovels, buckets and pails	<input type="checkbox"/> Cones for obstacle course
<input type="checkbox"/> Containers for dumping and filling	<input type="checkbox"/> Low basketball hoop
<input type="checkbox"/> Cardboard boxes	<input type="checkbox"/> Plastic and foam bats
<input type="checkbox"/> Trucks and cars	<input type="checkbox"/> Jump ropes
<input type="checkbox"/> Small push-pull toys	<input type="checkbox"/> Hula-hoops
<input type="checkbox"/> Hammering toys	<input type="checkbox"/> Ropes
<input type="checkbox"/> Cushions and rugs and pillows	<input type="checkbox"/> Swings
<input type="checkbox"/> Movement mats/tumbling mat	<input type="checkbox"/> Teeter-totter
<input type="checkbox"/> Towels, sheets and tablecloths	<input type="checkbox"/> Age-appropriate climbing equipment
<input type="checkbox"/> Bean bags	<input type="checkbox"/> Slide
<input type="checkbox"/> Musical instruments	<input type="checkbox"/> Sensory items (Outdoor instruments, plants)
<input type="checkbox"/> Tape/cd player, tapes and cd's	<input type="checkbox"/> Seeds, gardening tools
<input type="checkbox"/> Dance props such as scarves, ribbons	<input type="checkbox"/> Sidewalk chalk
<input type="checkbox"/> Rocking boat/stairs	<input type="checkbox"/> Water source (Hose, sprinkler)
<input type="checkbox"/> Balance Board	<input type="checkbox"/> Sand box with cover and sand toys
<input type="checkbox"/> Tunnels	<input type="checkbox"/> Paintbrushes, foam brushes, cloths
<input type="checkbox"/> Colored masking tape	<input type="checkbox"/> Outside quilts, blankets, and tablecloths
	<input type="checkbox"/> Kiddie pool and sinks and tubs
	<input type="checkbox"/> Open and grassy area with paths (park)
	<input type="checkbox"/> Outdoor child-sized table and chairs



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<b>Toddlers</b>	
Soft blocks	Show your child how to build a tower, lay blocks in a row, and create a pattern.
Grasping toys	Pick one up, then hold out for your child to grasp. Take turns.
Stacking, nesting cups	One year olds love to put together then knock things down.
Cause and effect toys	I pull the string, the car rolls to me. I push the button, the phone rings. I push down the shapes, then push again and they pop back up.
Sturdy things to pull up on	Your child can practice pulling up on furniture that won't move, strong boxes, and stair railings. They still need supervision, though!
<b>Toddlers and Preschoolers</b>	
Floor blankets and quilt	Use words like "up, up, up" while lifting a baby up, and "down, down, down" while going down.
Large blocks	Stacking and building blocks or lay out on the floor, your child will learn patterns.
Plastic shovels, buckets, pails	Filling and dumping over and over again – so much fun.
Cardboard boxes	<i>This is my choo-choo! Here is my kitten's house.</i> Your child will imagine many uses for a simple cardboard box.
Trucks and cars	Rolling, making car noises, building a road to drive the car on, your child will imitate what they see every day.
Small push pull toys	These toys teach cause and effect as well as develop smaller muscle skills.
Hammering toys	Grasping the hammer is the same skill that leads to the ability to grasp a pencil and write.
Cushions, rugs and pillows	Place babies on their backs and slowly, gently move their arms or legs to mimic some of the moves that other children are doing – like marching or pretending to be a bird.
Movement /yoga mat	Your child will enjoy moving like a cat or a cow, and practice simple breathing exercises which help them to learn about their bodies.
Towels, sheets and tablecloth	Make a tent or teepee, or a hammock. Create a cape or a hiding place or a spot for an indoor picnic.
Bean bags	Make your own bean bag. Throw them up in the air and catch. Throw into a cup or toss back and forth.
Musical instruments, CD's Itunes	Hold a baby while you sing and move to the beat. Invite other children to dance along!
Tunnels	Show your child how to crawl under and through.
<b>OUTSIDE</b>	
Riding toys without pedals	Beginning balance skills pushing with feet or being pushed builds confidence.
Scooters, tricycles	It's exciting to move up to a scooter or trike. "Watch me! Be proud of me."
Large push-pull wheel toys	Other muscles are being used and your child will feel very strong.
Wagons	You can pull your child in a wagon or they can fill the wagon and move things from one place to another.
Baskets to carry materials	All kinds of containers are fun to fill and move and children will gain the



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outside	skills of carrying and moving as well as helpful social skills.
Balls of various size and texture	Grasping, rolling, throwing, catching, pushing, pulling are all great learning skills.
Rings for ring toss	The same skills used for balls can be learned using plastic rings.
Cones for obstacle course	Obstacle courses provide children a chance to learn to measure and figure out distance, force and where their body begins and ends.
Plastic and foam bats	Swing!
Jump ropes, hula-hoops	Jump, twirl and balance.
Swings, teeter-totter	Your child is learning so many things while swinging her feet.
Slide	Besides sliding down, you can hold your child and roll a ball down the slide – over and over again.
Seeds, gardening tools	Plant your garden!
Sidewalk chalk	Allow the children to create designs using washable chalk.
Colored masking tape	Mark areas for children to play in – roll balls, jump in and out, follow the line.
Paintbrushes, foam brushes, cloths	Paint outside fences or walls with water!
Outside quilts, blankets, and tablecloths	Lay the fabric on the ground. Bring your baby outside and read a story to all the children!
Sand box with cover, toys	Spend an afternoon at the “beach” with your children.
Stroller	Take your baby out in the fresh air as often as you can! She will use all her senses to see.
Dance scarves and ribbons	You child will run and wave the scarves and ribbons.
Kiddie pool, sinks and tubs	Water play! Splash, kick, flutter, float and sink.