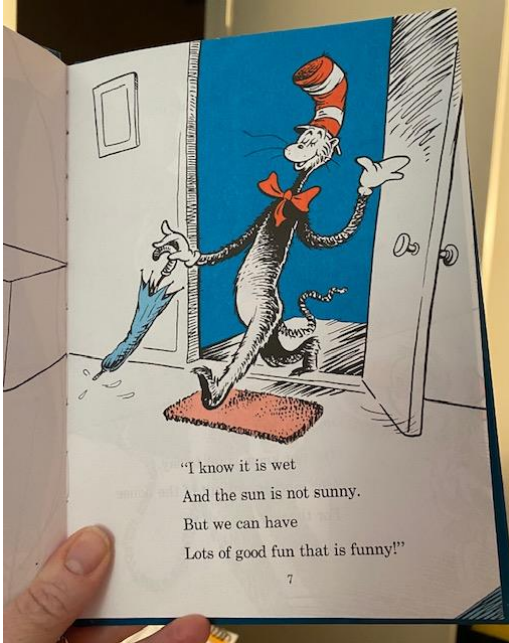


Indoor Big Movement Play



As the winter months linger, this Dr. Seuss story becomes reality. During this time of the year, it may seem impossible to keep kids as active as they are in the summer. But it's completely possible to find ways for kids to let their wiggles out indoors!

Keeping children active provides significant benefits, both to you and them. The Centers for Disease Control and Prevention recommends that children get at least 60 minutes of moderate to vigorous activity daily!

Children who spend more time engaged in physical activity:

- tend to hit their gross motor milestones faster
- have an easier time sleeping through the night
- have more balanced emotions.

Starting your kids off with healthy exercise habits will

- boost heart health
- strengthen their bones
- support proper functioning of many body systems
- improve coordination

So how do we do it? Below is a list of ideas you could try, but the sky is the limit. Successful activities should result in your kiddo breathing heavier, getting some color in their cheeks, or even sweating a little.

Indoor Activity Ideas:

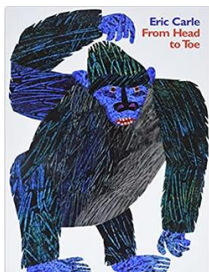
Hide and seek- take 5-6 of your toddler's favorite toys and hide them in partial view or even in plain sight around the room. Challenge them to find them all! You can time them to encourage running or fast crawling.

Balloon Keep-Up- inflate a balloon and toss it into the air. See how long you can keep it from touching the floor!

Please remember all children should be supervised during this activity, as popped balloons can be a choking hazard.

Dance-off - Find a good children's song and create a silly dance! Find a fun song that they like that includes big body movements: Father Abraham, Head Shoulders Knees and Toes, The Itsy Bitsy Spider, The Noble Duke of York, and Sammy are good options. Try and encourage your little one to make the biggest motions possible.

Play catch- throw or roll a ball back and forth. Occasionally miss with a silly "whoops" and make your little one get up and bring it back to the game.



Think about how you can act out a favorite book!

Check out *From Head to Toe* By Eric Carle. A great way to practice naming animals and body parts and exercise too! Here's a link to a read-aloud on YouTube: <https://youtu.be/Vjum-5bNmz0>

Want to know more? Go to the article from this blog: *5 Screen-Free Gross Motor skills and activities for home* <https://www.yourtherapysource.com/blog1/2019/07/09/body-awareness-activities/https://youtu.be/Vjum-5bNmz0>

Ideas from Holly Ridge Center Motor Team and Karen Brehmer, HRC Early Childhood Special Educator, Dec. 2021