

## Keep Movin'



Children need opportunities for movement every day. Child care providers can encourage children to be physically active and practice different movements with simple games. These movin' minutes are simple and require little or no equipment. Use these ideas indoors or outdoors to extend gross motor activities or shorten for transition times:

- **Three-Legged Race:** Have two children stand side by side and gently tie their legs together. Challenge them to go as fast as they can. Have them try three-legged jumping, hopping, or galloping.
- **Hoop Hop:** Put a plastic hula-hoop on the ground, then have children hop or jump in and out all around the circle. Challenge children by reversing the direction.
- **Tightrope Walkers:** To play, you need a small space, inside or outside, and some masking tape, yarn, or chalk. Use the tape, yarn, or chalk to create a tightrope - a straight line - for children to walk on, about 8 feet in length. Point out the destination and ask children to imagine they are walking on a high, narrow tightrope like someone in the circus. Encourage children to take steps alternating their feet, go slowly, and hold their arms out wide to help stay balanced.

To find additional ways to help keep children moving, check out this information: [Let Them Play](#).

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