GET UP AND MOVE!

Try some of these go-to activities to keep your toddler active

**Animal Walk**
Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.

**Dance Party**
Indoors or outdoors, turn up the music, use lights or decorations, and let your kids twist, macarena, floss, dance like their favorite animal, or freestyle their way to fun.

**Keep the Balloon Up**
Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?

**Simon Says**
Simon can have kids jumping like a kangaroo, standing as tall as a house, standing on one foot, or waving their hands over their heads.

**Hopscotch**
A favorite game of all ages, hopscotch is a game that can be played inside or out. Outside, use chalk to make a court and use rocks or the chalk itself as a marker.

**Bubble Play**
Ideally an outdoor activity, use different sizes and types of bubble wands and have kids blow their own bubbles or blow them yourself and have kids chase and pop them.

**Freeze Tag**
A great game that can be done with 4 or more kids. Pick one child to be “it”, and have them chase the other kids around. When “it” touches a player, they must freeze until another player “unfreezes” them by touching them.

**Fly a Kite**
Find a wide open space in a park, a beach, or a field, make or purchase a kite, pick a day which is breezy but not too windy, and head out to watch your child delight in running with their colorful toy.

KEEP MOVING
Put all of that energy to use and get outside with your little ones!

STAY ACTIVE

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