

Activity Ideas for Kids: Make Exercises Fun!

Books that promote movement

From Head to Toe By Eric Carle

Act out the story as you read out loud

Brown Bear, Brown Bear What do you See? By Eric Carle

Pretend to be the animals in the book as you read

Pretend Play

Pretend to go to the zoo and act out the different animals that you may see or go on an adventure in the woods make up a story as you go along and use a mixture of yoga poses and creativity to act out your story - be silly and take turns adding lines to your story and acting out.

*March into the woods, Sit under a tree, Take a boat ride in the river, find a bear or a dog...use your imagination

Music Makes it Fun

1. Go on a bear hunt - sing the song and act it out.
2. Hokey Pokey
3. Hey Mr. Knickerbocker
4. Head, Shoulders, Knees and Toes - be creative use other body parts
5. Freeze Game - play the music and stop it and hold the position until the music starts again
6. Sammy by Hap Palmer
7. Shake your sillies out by the Wiggles

Yoga for Kids

1. Cosmic Kids Yoga - search for it on YouTube and go on a yoga story adventure with favorite characters
2. SuperStretch - app that allows for you to select poses, watch kids act them out, and then you can do it
3. Create your own yoga story by giving your child 5 different poses and then having them create a story and act it out

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4. ABC yoga - see if you can come up with an animal for each letter of the alphabet and use a known yoga pose, or create your own

YouTube/Online Workouts

1. Andy's Wild Workouts (YouTube)- great short adventure stories with movement
2. Just Dance for Kids (YouTube)- follow dance routines
3. GoNoodle (online) - www.gonoodle.com, create a free account and you can choose for lots of different exercise videos that range from 1 minute to 30 minutes

Turn Games into Exercise

1. Crazy Legs - a game that requires you to perform gross motor skills to move forward on the board
2. Candy Land - play Candy Land, but in order to pick your card you have to jump 5 times, stand on one foot, do a bridge, etc -- position the board so you have to hold tall kneel or half kneel to play
3. Puzzles - put together the puzzle on one end of the room and then place the pieces on the other side of the room use animal walks to bring the puzzle pieces from one side of the room to the other
4. Go Fish/Memory: in order to keep your pair you have to complete a gross motor skill a certain number of times or hold for a certain amount of time (jump, hop, superman, boat) - if you can't do it the other person can challenge you and see if they can do it and if they can they can keep your match.

Make an obstacle course up at home out of couch cushions, tables, chairs - go over, under, and around them.

Go to the playground and play, make up an obstacle course giving your child multiple step directions "go up the yellow ladder, walk across the bridge, slide down the green slide, and jump back to me"

If your child is going to a new school go to the school during non-school times (summer/weekends) to practice on the playground when it is not as crowded

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Mobile Apps

GoNoodle

Cost: free | Web based

Description: series of web-based videos, games, and activities focused on introducing short bursts of physical exercise

NFL Play 60

Cost: Free | Apple & Android

Description: Run, jump, and turn with your screen to move your character through obstacles.

Jump Jump Froggy

Cost: Free | Apple & Android

Description: Help your frog catch flies by lots of jumping, spinning, and leaping!

Sworkit Kids

Cost: Free | Apple & Android

Description: Work on a variety of workouts with videos for kids.

Kids Morning Exercises

Cost: Free | Apple

Description: Start the day off with a fun workout and gain a boost of energy!

7-minute Workout for Kids

Cost: Free

Description: a full-body 7 minute workout that helps develop strength, stability and balance through the use of exercise descriptions and pictures.

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Yoga Apps (See list below)

Cost: Free | Apple & Android

- Wuf Shanti Yoga Fun
- Yoga for Kids- Fun Workout for Kids
- Yoga & Kids
- Sing Song Yoga
- Down Dog
- Yoga for Kids Daily Fitness
- Super Stretch Yoga
- Cosmic Kids