

Activities for the Whole Family

TODDLERS (AGES 1-3)	PRESCHOOLERS (AGES 3-5)	SCHOOL AGE (AGES 5 – 18)
<ul style="list-style-type: none"> ● Bubbles. Blow bubbles and encourage your toddler to catch them. Give them a turn to blow bubbles as you catch them, as well. ● Seated ball play. Sit with your legs in “V” shape and have your toddler do the same. Roll the ball back and forth to each other. ● Musical Hide and Seek. Use your phone to play music and hide it somewhere within your toddler’s play space. Your toddler can then go on a hunt to find where the music is coming from. ● Imitate animals. Choose favorite animals then act out how they act and move. Have your toddler use their entire body and practice being all kinds of animals. 	<ul style="list-style-type: none"> ● Movement games: Red Light, Green Light; Duck, Duck, Goose; or Follow the Leader. ● Hit the Balloon. Blow up a couple of balloons and encourage your child to keep them in the air by tapping them with their hands so the balloon doesn’t hit the ground. ● Freeze Dance. Encourage your child to dance while the music plays and freeze in place when the music stops. ● Bowling. Use foam balls and bottles at home, or bumpers and a bowling ramp at the bowling alley. ● Hopscotch. Use tape inside to create your hopscotch blocks or take it outside with chalk. ● Toss and Catch. ● Simon Says. ● Riding Tricycles or Scooters. 	<ul style="list-style-type: none"> ● Kickball. ● Scavenger Hunt. ● Obstacle Course. ● Tag. ● Musical Chairs. ● Riding Bicycles. ● Jumping Rope. ● Dance Party. Blast the music and start dancing around the family room or mix it up with Freeze Dance. Take a family dance class. ● Backyard sports: softball, basketball, flag football or adapt to smaller group activities such as toss and throw, dribbling, running, jumping. ● Playground. Monkey bars, rock climbing walls, swings, and more. Play “Lava” or just play on the grass. ● Go for a Walk. ● Make it a Game. Use a deck of playing cards and assign an activity to each. For example, hearts mean jumping jacks, clubs mean squats, diamonds for standing or pushups, and spades for crunches. Get creative! Let your child pick the card and do as many of the assigned activities as the card says. (i.e., ace of spades – 1 crunch). ● Yoga.

For more ideas and video demonstrations, visit: <https://extension.unr.edu/healthykids/pub.aspx?PubID=2933>

