



Summer

12 Weeks of Physical Activities for the Summer Months

Infants

(0-12 months)

Hang Ten

Materials: Pillow or folded blanket for infant to step or lay on (pretend surfboard), sturdy furniture item to grasp for balance

Description: Have the infant on their tummy first, or if able have them stand up on a pillow or folded blanket to throw off their balance. Pretend they are surfing. Have furniture nearby if they need more help for balance. Have them try to move from their stomach to their feet.

Resource:

<https://www.care.com/c/stories/4582/activities-to-get-your-baby-crawling-standin/>

Toddlers

(1-2 years)

Rolling Right Along.

Materials: Beach towel, ball

Description: Have toddlers participate in different rolling activities on a towel or grass. Log roll: hands over head, feet together, and roll. Ball roll: hands over head, hands around ball, and roll. Torpedo roll: hands close at sides of body and roll. Windmill roll: one arm above head, one arm at side, and roll. Downhill roll: roll down a hill or incline. Pretend to be a roly polly. Have them think of different variations.

Resource: B-47

<https://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/infant-toddlertoolkit.pdf>

Preschoolers

(3-5 years)

Animal Yoga

Materials: Mats

Description: Animal yoga poses to go with a fun story. Print or access yoga story in resource.

Example: "I hear a Flamingo fluting in my ear. Flamingo, Flamingo what do you hear?" (Children do a tree pose like a flamingo)

Resource:

<https://www.kidsyogastories.com/animal-yoga-poses-for-toddlers/>

Week
1

Infants

(0-12 months)

Reaching Beyond Grasp

Materials: Small ball or squeaky toy

Description: Lay on the floor with the infant. Hold the object above their shoulders, close enough for the infant to swipe at it. Adapt and extend when they master skills or grow older. For example, ask, "Can you reach this?" and have the infant reach for the object. Move the ball across the mid line and in other directions for them to reach.

Resource: A-54
<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddler toolkit.pdf>

Toddlers

(1-2 years)

Wacky Walking

Materials: Mud, sand, smooth rocks, tubs of water, wet foam pads, tape for line on the floor

Description: Have the toddlers walk barefoot over the mud, sand, smooth rocks, tubs of water, and wet foam pads. Then have them walk on a straight line like a balance beam on the taped line. Next have them walk sideways on the line. Then have them walk like an ostrich (bend forward at the waist, grasp ankles, and walk forward while keeping knees stiff and stretching neck in and out).

Resource: B-19
<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddler toolkit.pdf>

Preschoolers

(3-5 years)

Rain Storm

Materials: None

Description: Start by tapping fingers on the floor, then move to clapping on thighs, clapping hands, stomping feet, etc. Create noises like thunder and blowing wind. Put both hands up high and start to sway decreasing speed as the stormy wind dies down. The big sun comes up, both arms make a big round circle. Swing both arms up and over to make a rainbow.

Resource: Danielle O. Preschool Valentine, NE



Infants

(0-12 months)

Moving to Music

Materials: Music with various rhythms and patterns

Description: Dance with the infant in different motions. Bounce, sway, and rock the infant. Choose fun summer songs! Adapt to age and abilities (being held, sitting, or standing).

Resource: A-109
<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddler toolkit.pdf>

Toddlers

(1-2 years)

Human See-Saw

Materials: None

Description: Sit on the floor with your legs apart and sit the child between your legs facing you with their legs straight out. Pretend to be a human see-saw. Hold the child's hands, lean forward, and encourage them to lean back as far as they can. Pull them gently back up to a sitting position. Repeat this fast and slow. Allow them to strengthen their core by having them try to sit up without you pulling them up with much force.

Resource: None

Preschoolers

(3-5 years)

Round up the Sheep

Materials: White balloons, black sharpie, large play pen or crib

Description: Draw a sheep face on white balloons and set them free in the yard. Have the children run around to catch all the balloon sheep and get them all back in the pen.

Resource: <http://www.mrsplemons kindergarten.com/2017/05/tot-school-farm.html>



Infants

(0-12 months)

Tummy Time Outside

Materials:
Blanket for outside

Description: Lay a blanket down and have tummy time outside. Introduce grass, leaves, and sand in their hands.

Resource:
<https://pathways.org/topics-of-development/tummy-time/>

Toddlers

(1-2 years)

Ball at the Wall

Materials: Balls, tall wall

Description: Start close to a wall. Invite the toddlers to throw balls at the wall. Experiment by throwing further away from the wall. Video example in resource.

Resource:
<https://www.nhsa.org/our-work/initiative/go-smart>

Preschoolers

(3-5 years)

Moana Yoga Story

Materials: Screen or projector

Description: 30 minute video of yoga poses to the story of Moana! Access video in resource.

Resource:
https://www.youtube.com/watch?v=5y3gCrL_XIM

Week
4

Infants

(0-12 months)

Bubble Bubble

Materials:
Bottle of bubbles

Description: Blow bubbles for the infant to watch. Be sure to blow the bubbles far enough away so they don't pop in the infant's face. Encourage them to reach for them.

Resource:
<https://www.nhsa.org/our-work/initiative/go-smart>

Toddlers

(1-2 years)

Working at the Car Wash

Materials: Buckets with baby soap and water, sponges, plastic outdoor toys to clean

Description: Get buckets with soap and water. Wash the tricycles or other outdoor plastic toys with sponges.

Resource:
<https://www.growinghandsonkids.com/practical-life-washing-activities-for-toddlers.html>

Preschoolers

(3-5 years)

Seaweed Tag

Materials: Objects to mark a few spots on the ground, cones or objects to mark off an area

Description: Mark off an area that will serve as the "ocean." Explain that seaweed grows on the ocean floor. They sway but can't swim. Seaweed are always stuck to the ocean floor. Start out with having 1 or 2 children as seaweed, and tell them to always have one foot stuck to their spot on the floor. Have the other children line up at the edge of the ocean. When you say "go," the kids crawl, like a school of fish swimming, to the other side. If they get tagged, they are now seaweed.

Resource:

None

Week
5

Infants

(0-12 months)

Beach Ball Bonanza

Materials: Inflatable beach ball(s) (12" and/or mini 5")

Description: Lay baby across the top of the ball on their stomach.

Gently roll them around on the ball. Hold them sitting on the ball and bounce them. Hold their hands and beat the ball like a drum. Help them hit the ball into the air.

Resource:

<http://www.kids-sports-activities.com/infant-activities.html>

Toddlers

(1-2 years)

Sponge Fish Target Toss

Materials: Sponges cut into fish shapes, sidewalk chalk, water bucket

Description: Drop the fish shaped sponges into a water bucket. Then draw a target with chalk on the sidewalk. Have the toddlers try to toss the wet fish sponges to hit the center of the target.

Resource:

<http://www.mrsplemons.kindergarten.com/2017/05/tot-school-ocean.html>

Preschoolers

(3-5 years)

Pretend to be Summer Things

Materials: None

Description: Explode like fireworks, swim like a fish, fly in the sky like a kite, melt like a popsicle, twist and wind like a water slide, chomp like a shark, be the summer breeze in the trees, grow expand and pop like a balloon, wave like water, etc.

Resource:

Danielle O.
Preschool
Valentine, NE



Week
6



Infants

(0-12 months)

Water Play

Materials: Baby pool, water, fun toys

Description: Have infants play with cups and plastic containers in a baby pool. Show them how to scoop up water and dump it.

Resource: <https://www.health.harvard.edu/blog/6-reasons-children-need-to-play-outside-2018052213880>

Toddlers

(1-2 years)

Hot Hoops

Materials: Colored hoops or hula hoops, music

Description: Hoops are laid out in a clear space. Children jump in a circle around the hoops while music plays.

When the music stops, children must find a hoop to jump into. Once all children have found a hoop, the leader calls out the 'hot' color. "Red hoops are hot hoops!" Children who are in the hot colored hoop must jump to a different hoop to share with another child. Repeat.

Resource: <https://health.act.gov.au/about-our-health-system/healthy-living/kids-play-active-play/active-play/active-play-kids>

Preschoolers

(3-5 years)

The Shark Bit My Cup

Materials: Buckets, cups with small holes in the bottom, water

Description: Take fill-the-bucket water relay to the next level by drilling holes in the relay cups. Fill up the cups, have the kids hold the cups on their heads full of water, and they have to fill the bucket they have to run to. They have to run back to fill their cup back up.

Resource: <http://www.toddlerapproved.com/2012/08/shark-and-water-themed-fun.html>

Week
7



Infants

(0-12 months)

This Little Farmer Went to the Market

Materials: None

Description: Play this toe wiggling game chanting a new rhyme. Wiggle each of the child's toes as you recite each line. Repeat the rhyme for each foot and then tickle each foot. Rhyme and description video in resource.

Resource: <https://www.nhsa.org/our-work/initiative/go-smart>

Toddlers

(1-2 years)

Silly Shake Me!

Materials: None

Description: Gather the toddlers in a group. Explain that when you call out a body part, they should shake that body part. Give each child a turn to name a different body part for everyone to shake. Use a variety of parts such as toes, nose, eyes, hands, ears, knees, tummies, mouth, tongue, shoulders, etc. Ask them to move them fast, and ask to move them slow. Play some fun summer music when shaking!

Resource: <https://www.nhsa.org/our-work/initiative/go-smart>

Preschoolers

(3-5 years)

Car Races

Materials: Medium cardboard boxes with straps (string, fabric, etc.), drawing materials to decorate boxes, markers to set out a course (race track)

Description: Each child gets a box car to decorate. After decorating the boxes, encourage children to run around the race track in their car making noises. Change the course according to what the children find easy or hard.

Resource: <https://www.pinterest.com/pin/135600638750231167/>



Week
8

Infants

(0-12 months)

Cruisin'

Materials: Stable objects, a blanket, or a play area

Description: Give infant chances to crawl from one spot to another. Be outside and provide stable objects such as chairs or equipment. Let them crawl in the grass and move from person to person or object to object.

Resource: <https://www.nhsa.org/our-work/initiative/go-smart>

Toddlers

(1-2 years)

Fruit Salad

Materials: One line marked at one end, beanbags (represent fruit), bucket (fruit salad bowl) at the other end

Description: Ask the toddlers to line up along the line, facing the bucket. Hand each toddler a beanbag and explain that their beanbag is a fruit. When the leader calls out a fruit, for example 'apples', all the children run up to the fruit salad bowl, drop their beanbag, run around the bowl to mix up the fruit salad, and run back to the starting line. If older, assign specific types of fruit to each child.

Resource: <https://health.act.gov.au/about-our-health-system/healthy-living/kids-play-active-play/active-play/active-play-kids>

Preschoolers

(3-5 years)

Tunnel Ball

Materials: Medium sized balls

Description: Have the children face away from their partner with legs in a wide stance. Have them pass the ball back and forth to their partner through their legs. Then have the children line up in a group of no more than 8 with legs in a wide stance. Ball starts with the first child and they roll it through their legs, encourage children to 'help' the ball along.

Resource: <https://health.act.gov.au/about-our-health-system/healthy-living/kids-play-active-play/active-play/active-play-kids>



Week
9



Infants

(0-12 months)

Water Blob Fun

Materials: Heavy duty large pieces of plastic, duct tape, water, fun things to put inside the blob (glitter or food coloring)

Description: Duct tape two heavy duty large pieces of plastic together, leaving a small opening in one corner as the fill hole. Fill the homemade water blob with water and glitter or food coloring (optional). Seal the fill hole. Let the children explore moving on the blob. See example for instructions.

Resource:

Lynn V.
Childcare Center
Columbus, NE

Example: <https://www.pinterest.com/pin/307652218285128977/>

Toddlers

(1-2 years)

Put Out the Fires!

Materials: Chalk, spray bottles with water or a hose

Description: Draw fires on the ground with sidewalk chalk. Give the toddlers spray bottles or a hose so they can run from fire to fire to put them out.

Resource:

<http://www.mrsplemonskindergarten.com/2017/05/tot-school-community.html>

Preschoolers

(3-5 years)

Airplanes

Materials: Open space

Description: Pretend to be airplanes. Start out on the floor, pushing themselves up and down with their arms to start their engines. Next stand up, with arms out as wings, fly all over the place.

Resource:

<http://healthysd.gov/wp-content/uploads/2014/12/activity-calendar.pdf>

Week
10

Infants

(0-12 months)

Grocery Shopping

Materials: Plastic fruit and toys, a mini shopping cart or little stroller

Description: Creative way to encourage infants to walk. Pretend to go on a shopping trip. Place plastic toys such as fruit and other toys to shop for around the room. Give them a little shopping cart or stroller, and help them find and put toys into the cart.

Resource:

<https://www.care.com/c/stories/4582/activities-to-get-your-baby-crawling-standin/>

Toddlers

(1-2 years)

Pop Goes the Weasel

Materials: None

Description: Guide the toddlers to stand in a circle and dance around as they sing this song. When they hear 'pop' they should jump in the air. "All around the mulberry bush, The monkey chased the weasel; The monkey thought 'twas all in good fun. POP goes the weasel." Sing again and insert this as the 3rd line creating an action for the kids to do. "The monkey stopped to ____" ex: scratch his nose. Video example in resource.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>

Preschoolers

(3-5 years)

Summer Vacation Suitcase Relay

Materials: Have two suitcases with the same vacation items in each such as sunscreen, a book, sunglasses, flipflops

Description:

Children run down to the suitcase, pick up an item and run back. First team to pick all of their items out of the suitcase wins.

Resource:

Jill G.
Childcare Center
South Omaha, NE

Week
11

Infants

(0-12 months)

Bouncing Tummy Time

Materials: None

Description: Caregiver sits against a supportive surface with legs extended. Place the infant on their belly across your legs. Their hands and knees should touch the floor. While in this position, gently bounce the infant. Try lifting one of your legs up and down, rocking the infant back and forth.

Resource:

<https://www.shapeamerica.org/uploads/pdfs/2017/downloads/activities/Infant-Lets-Get-Moving.pdf>

Toddlers

(1-2 years)

We are Painters

Materials: Paint brushes (big), tubs full of water

Description: Take the children outdoors, and tell them they are painters. Have the kids paint the sidewalk or the side of a building with water and brushes. Video example in resource.

Resource:

<https://happyhooligans.ca/painting-water-activity-for-kids/>

Preschoolers

(3-5 years)

Sit to Stand

Materials: None

Description: Ask children to stand and sit down without using their hands. Can they get back up without using hands? Ask them to kneel and move to a sitting position without using their hands. Can they get back up without using hands? Ask them to lie down without using their hands. Can they get to a seated position without their hands? When they master this, have them lie down and count down from five to see if they can sit up and stand up before time is up. Video example in resource.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>



BOOK SUGGESTIONS



SONG SUGGESTIONS

Fun books to read and to get kids moving!

Check with your local library to see if they either own or can access these books for free.

"Barnyard Dance" by Sandra Boynton

"The Busy Body Book" by Lizzy Rockwell

"You Are a Lion! And Other Fun Yoga Poses" by Taeun Yoo

"A Stick Is an Excellent Thing" by Marilyn Singer

"The Animal Boogie" by Debbie Harter (includes singalong CD)

"Stretch" by Doreen Cronin

"Shake My Sillies Out" by Raffi Songs to Read

"Hop, Hop, Jump!" by Lauren Thompson

"Zoom" by Diane Adams

"Flora the Flamingo" by Molly Idle

"Gallop!" by Rufus Butler Seder

Kid Friendly songs to add to any fun activity!

*Active Children's Songs- Watch the video to see actions you can add to the song

"Waka Waka (This Time For Africa)" by Shakira

"Sail Into the Sun" by Gentlemen Hall

"Walking On Sunshine" by Katrina and the Waves

"Three Little Birds" by Sean Paul and Ziggy Marley (Shark Tale)

"Car Wash" by Christina Aguilera ft. Missy Elliott (Shark Tale)

"In summer" by Olaf, FROZEN

*"I Can Do It" plus 15 more action songs by Patty Shukla

*"Swimming Song" by The Learning Station

*"Jamaican Dance" by The Learning Station

*"Icky Sticky Bubble Gum" by The Learning Station

*"We're Going on a Lion Hunt" by The Kiboomers



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