0-18 Months
Row, Row, Row Your Boat
While sitting on the floor, place child between your legs so that both of you are facing forward. Hold an empty paper tube in front of the child’s arm so that you are both holding it. Gently reach forward and back in a rowing motion while reciting a rhyme: Row, row, row your boat….what other things could you row? Perhaps you could ride, ride, ride your trike…?

Some great ideas for books to promote physical activity:
If You’re Happy and You Know it by Jane Cabrera, Knees and Toes by Scholastic Inc, Ten Little Fingers by Annie Kubler

18-36 Months
Super Kids!
Jumping is a great way to have fun and move your body. While holding onto the child’s hand for safety, pretend you are jumping tall buildings in a single bound by jumping on or off a sturdy box, a curb, a step, or a platform. What else can you pretend to jump over? A sprinkler—feel the water splash: a shark in the water—watch out for his teeth!—a fairy or gnome house—don’t step on your forest friends!—you choose!

Some ideas for great children’s book characters to act out:
Maisy, Curious George, Skippyjon Jones, Elmo, The Cat in the Hat

3-5 Years
Indoor Obstacle Course
Collect some ‘obstacles’ e.g. pillows, chair, stuffed animals, pots & pans, blocks. Set items around the room to create your course. Have rules for each item such as “hop on one foot around the chair” or “walk backwards 6 steps with the pillow balanced on your head” or “play a song using a wooden spoon and a pot.”

For other great ideas to enjoy and promote physical activities with your children, go to www.chfs.ky.gov/5210
5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

FIVE OR MORE FRUITS & VEGETABLES EVERY DAY

TWO OR LESS HOURS OF SCREEN TIME

ONE HOUR OR MORE OF PHYSICAL ACTIVITY

ZERO SUGARY DRINKS

5-2-1-0
Parent and Child Physical Activities