

Let's Be Active

Ages: For Ages 2 1/2 & over

This activity...



Being active helps our children's growth & development - their gross motor & fine motor skills, balance, body awareness & strength.

As parents & carers, we can help support healthy activities which will benefit our children into their adult lives

Let's play!

Stripey says "touch one foot", touch your nose, twirl around, do 2 jumps, clap your hands, wiggle like a worm, ...you can add many different activities to suit the space you are in; as with the original game of Simon says, when stripey doesn't say 'Stripey Says', you can get caught out.



Bocce at home – use any balls (or potato's, socks rolled into balls), roll them down to an item that you have made your marker – closest to the marker wins !

What's the time Wolfy ?– someone stands facing away from the group on the other side of the room, the others call out 'what's the time Wolfy ?' Wolfy answers any number up to 12 and the others step forward that number, Wolfy can at any time answer 'dinner time' and try to catch the others before they reach their side

Balancing Game - balance a soft toy or small cushion on your head and try to walk a distance, see how far you can go, try putting your arms out to help you balance. You can make the game more difficult by making an obstacle course

Let's talk..

QUESTIONS - to ask the child during and about the activity)

All of these activity ideas provide great opportunities to engage in conversation and use of language by talking about what you and each other are doing.

Extension - You could make up your own 'Home Olympics' with simple activities to suit your children's ages & abilities. You could involve your children in making medals, ribbons or using stickers for their participation and effort.



We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au