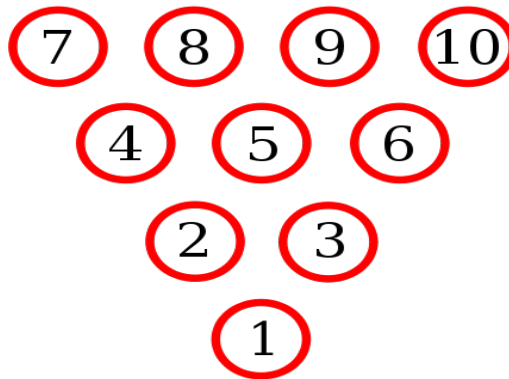


## Activities to do with your preschooler

1. Draw a circle, square, heart and triangle on your sidewalk or driveway. Have your child run/hop/walk/ to each shape as you call out the name.
2. Walk the line: using chalk draw straight lines, curvy lines, crazy lines and have your child walk on the line.
3. Write numbers with chalk on a sidewalk. Have your child run/skip/jump to the number called.
4. Go on a scavenger hunt: Look for different colors and look for different shapes.
5. Fill up a balloon with water. Have fun throwing the balloons.
  
6. **Run and Sort:** Gather 4 items in the following colors: blue, red, green, and yellow. Put them all in a basket. At the end of your sidewalk or yard place out a piece of paper or an item that matches the 4 colors. Have your child run/hop/walk.... Each item and place on the correct colored paper.
7. **Fill the bucket:** Gather 2 buckets/bowls and a sponge or wash cloth. Fill one bucket up with water. Take the other bucket/bowl and place a distance away. Have your child place sponge in bucket of water and run to the other bucket, squeeze out the water and run back to the water bucket. Continue until the water bucket is empty.
8. **Pick up and drop:** Materials: hoola hoop, bean bags, basket. Place bean bags or other objects inside a hoola hoop, have your child stand on one foot and bend over, pick up an object and place in the basket.
9. **Name Splash:** Materials: splash water balls or sponge or washcloths, bucket, chalk. Write the letters in your child's name with chalk in a circle all around the bucket. Have your child stand in the middle of the letters. Each time you choose a letter, your child has to spin around to find the letter, and throw a splash ball at it. Pick another letter and do it again.( [Preschoolinspirations.com](http://Preschoolinspirations.com))
10. **Obstacle Course:** Make an obstacle course in your yard. Use boxes to clime into or through, planks of wood could be a balance beam, bottles could be filled with sand or water to weave through, a ladder laid down on the ground could be used to hope into.

11. **Bowling with recycled food cans:** Use clean empty food cans. Set them up



either like bowling pins:



or

. Roll a ball and knock them down.

12. **Walk like the animals:** Choose an animal and have your child walk like that animals.

**Hop like a frog/kangaroo**

**Waddle like a duck/penguin**

**Stomp like an elephant**

**Roar like a lion**

**Swing like a monkey**

### **Bean Bags:**

13. Throw and aim beanbags into laundry baskets

14. Balance them on your head/back of your hand, on your shoulder.....

15. Throw them and mark how far they landed, trying on each turn to throw them further

16. Crawl with a beanbag balancing on your back

17. Throw and catch a beanbag

18. Play bean bag toss (cornhole game)

19. Ride a bike. Remember your helmet.

20. Catching **Bubbles**: Every child loves bubbles. Blow bubbles and have your child run around and pop them.

You can buy bubbles at the store or use this recipe:

### INGREDIENTS:

- 1 cup liquid dish soap
- 1 cup water
- 2 teaspoons glycerin
- 3 tablespoons granulated white sugar

### Directions:

1. Pour the dish soap and water into a quart-size jar.
2. Gently stir or pour the mixture back and forth between two jars to blend without making bubbles (that comes later).
3. Add the glycerin and sugar and repeat step 2.
4. Pour into small drinking glasses or jars, taller than they are wide. Half-pint jelly jars are a good size and suit little hands.
5. The solution needs to be deep enough to cover the loop when it is dipped in but not filled to overflowing.
6. Store any extra unused bubble solution in a covered dish or lidded container in the fridge for up to a month.

To make a bubble wand:

2 pipe cleaners

1 pipe cleaner will stay straight the other pipe cleaner you can make into any design. Twist the two pipe cleaners together. Enjoy.

### **Through the Tunnel**

Stand a short distance from your child with your legs spread wide apart. Get him to roll a ball "through the tunnel" (through your legs).

With practice, you can begin to stand further away from your child and make the tunnel narrower by stepping your legs closer together, as well as using a smaller ball. This is a good game for developing ball skills and eye-hand coordination.

21. Keep the ball in the air: throw the ball into the air and try not to let it hit the ground. A beach ball is best.
22. Ball tag: using a soft ball, the player that is "it" has the ball and runs around trying to hit another player with the ball. When another player gets hit then they become "it."

### **Beach Ball:**

23. Toss and catch the beach ball back and forth
24. Make a target and have your child throw the ball and try to hit the target. The better they get move them further away from the target.
25. Throw the beach ball into a laundry basket. Count how many times you throw the beach ball into the basket. Try again, but try to get 1 more.
26. Throw the ball in the air and try not to let it hit the ground.

### 27. Tag:

- a. One person is "it" Everyone else is runs. The person who is "it" chases everyone else and whoever gets tagged (touched) becomes "it".
- b. Here are some rules:
  - i. Light touches only
  - ii. Everyone must stay in the play area (no running out of bounds)

### Fun variations:

Flashlight tag: same game but instead of tagging someone by touching them, you tag them with the light from the flashlight.

Freeze tag: instead of the tagged person becoming "it", instead they are frozen to the spot where they are tagged. Play continues until only one person is left un-tagged. That person then becomes "it"

## 28. **Hide and Go Seek:**

One player is "it". They close their eyes and counts to a number. When they finish counting, their job is to find everyone hiding. As they find the other players, those players are out. The last player to be found is the winner of that round.

A few safety rules:

Have a designated area of play that is safe.

Choose an area that has places to hide. A soccer field is not a good place to play

29. Play soccer

30. Go to your local park

31. Draw a big figure 8 in chalk outside and ride toy cars along the "track" or walk the "track"

32. Tape Jumping

Test your child's jumping skills with this game using only a roll of craft tape. Lay a strip of tape on the ground as a starting point. Then place another few strips spaced closely together and get your child to hop, feet together, from tape to tape.

Then, move the strips slightly further apart and see if your child can jump further. Continue moving them further away until you reach your child's limit. Measure the distance and watch your child slowly beat that distance every time they play. (empoweredparents.co)