

get MOVING!



FUN AND (MOSTLY) FREE IDEAS FOR KIDS

- ☐ have a grown up blow up a balloon and try to keep it in the air
- ☐ make a playlist and have a dance party
- ☐ practice jumping rope
(if you don't have a jump rope, you can learn to make one
or try INVISIBLE rope jumping)
- ☐ with a friend or family member, play follow the leader
(take turns being the leader)
- ☐ play hockey with a broom and a ball
- ☐ do some stretching exercises and make up funny names for each one
- ☐ go up and down all the steps where you live, count them as you go,
see how many times you can count 100 steps
- ☐ ask a grown up if you can make an obstacle course using pillows
and cushions to climb on and jump over
- ☐ add your own ideas here: