



12 Ways to Get Moving

1. **River Walk.** Spread paper plates on the ground. Pretend they are rocks in a stream. Try getting from one side to the other without stepping in the water.
2. **Random Movement.** Go outside or into an open area and move your body in different ways. Try skipping, running, walking, jumping, or hopping.
3. **Band March!** Pretend you're in a band. Pretend to pick up and play your favorite instrument while marching. Can someone guess what instrument you're playing?
4. **Rainbow Run.** Talk about the colors of the rainbow. When somebody names a color, run and touch 3 things of that color. Repeat until all colors have been used.
5. **Follow the Leader.** While walking in a straight line, have the leader lead the group by walking in straight lines, then curvy lines, then zigzag lines, and then try reversing leaders and walking backwards!
6. **Run! Run! Run!** Go outside and go for a run. When running, be sure to pump your arms back and forth. How fast can you run?
7. **Obstacle Course.** Setup an obstacle course with random objects. See how fast you can jump over, move around, and go under the objects. Set a timer and try to get through the course before it goes off!
8. **Rolling.** Find an open space and work on different ways to roll—long, straight, curled up into a ball. Rolling down a hill is fun! Remember to be safe.
9. **Bubbles!** Go outside and blow bubbles! Be sure to chase and catch the bubble before it pops and/or hits the ground.
10. **Zoo Time!** Pretend you're at a zoo. Choose an animal, then make everyone think you're that animal by moving and sounding like your animal.
11. **Move like the Weather.** Use your body to pretend to be the weather. What do you do for rain? How about snow? Thunder? Be creative!
12. **Food Moves!** Pretend to move like different foods—melt like a Popsicle, pop like popcorn, etc.

Adapted from *Head Start Body Start*



SNAP-Ed
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