



# Moving to THRIVE

## Physical Activity and Playtime Guide



**A THRIVE Parenting Resource**

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## THRIVE Initiative Overview

The THRIVE Initiative is designed to empower parents from the birth of their children until their children are 18 years old. THRIVE includes four age-specific programs: Take Root (0 to 3 years), Sprout (3 to 5 years), Grow (5 to 10 years), and Branch Out (10 to 18 years).

THRIVE Initiative Program Areas			
Take Root	Sprout	Grow	Branch Out
Infants & Toddlers (0 to 3 years)	Preschool (3 to 5 years)	Grades K - 5 (5 to 10 years)	Grades 6-8 (10 to 14 years)
			Grades 9-12 (14 to 18 years)

Each THRIVE program guides parents as they learn and use parenting skills that are based on science, so they can encourage positive youth development and resiliency across their child's lifespan. The Initiative focuses on three topic areas: 1) positive parenting practices, 2) parent and child stress management, and 3) strategies for promoting child physical health.



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# MOVING TO THRIVE

## INTRODUCTION

This guide was created to help you promote more family playtime and physical activity! The guide includes the following sections:

- » Physical Activity Recommendations
- » Screen Time Recommendations
- » Moving More as a Family
- » Activities for Ages 0 to 3
- » Activities for Ages 3 to 5
- » Activities for Ages 5 to 10
- » Activities for Ages 10-18

All of the activities are labeled to help you more easily identify which activities are a good fit with the needs of your family. The labels include the following:



Indoor Activities  
(These are great for cold or rainy days!)



Outdoor Activities  
(Enjoy the benefits of being outdoors in every season!)



Limited Space Activities  
(Small apartment? No problem!)



Multiple Age Groups  
(Activity can be for multiple age groups.)



Safety Alert  
(Activity requires close parental supervision.)

Each labeled activity includes the materials needed and provides instructions.

This activity guide allows you to practice creating opportunities for your family to spend quality time together. The activities provide fun ways to spark imagination, develop communication skills, and promote learning. You are encouraged to modify the activities as necessary or to add some creative ideas of your own!

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# MOVING TO THRIVE

## Types of Physical Activity

Regular physical activity promotes a healthy body weight and body composition. Children and adolescents can meet the Physical Activity Guidelines and become regularly physically active in many ways.

Physical activity is any movement of the body that raises one's heart rate above a resting heart rate. Activities can be structured (planned) or unstructured (free-play).



**Aerobic physical activities** involve moving large muscle groups. Moderate and vigorous aerobic activities make a person's heart, lungs, and muscles work noticeably harder.

**Moderate activities** include hiking, skateboarding, rollerblading, bicycling, and brisk walking.

**Vigorous activities** include running and chasing, such as playing tag; bicycling; jumping rope; martial arts such as karate; running; sports such as soccer, ice or field hockey; basketball; swimming; tennis; cross-country skiing.

**Muscle-strengthening physical activities** include climbing and swinging on playground equipment; rope or tree climbing; doing sit-ups and push-ups; games such as tug-of-war; and resistance training. Resistance exercises use body weight or resistance bands.

**Bone-strengthening physical activities** create an impact on bones. These activities can include jumping rope, hopping, skipping, and running, and certain sports, such as gymnastics, basketball, volleyball, and tennis.

Being active promotes **emotional well-being, a better attitude, and physical health**. It also provides an extra energy boost during the day!

## Move More, But How Much?

The National Association for Sport and Physical Education has developed the following physical activity recommendations for children and adolescents:



- Infants under 12 months of age should engage each day in structured and unstructured physical activities that are devoted to exploring movement and developing motor skills.
- Toddlers ages 12 to 36 months should engage for at least 30 minutes per day in structured physical activities and for at least 60 minutes (and up to several hours) per day in unstructured physical activities.
- Preschoolers ages 3 to 5 years should engage for at least 60 minutes per day in structured physical activities and for at least 60 minutes (and up to several hours) per day in unstructured physical activities.
- Children and adolescents ages 6 to 17 years should engage in 1 hour of physical activity per day.
  - Most of the 1 hour should be moderate- or vigorous-intensity aerobic physical activities.
  - Muscle-strengthening physical activities should be included at least 3 days per week.
  - Bone-strengthening physical activities should be included at least 3 days per week.

It's important to encourage young people to try a variety of physical activities. Help them find activities that they enjoy and that are age appropriate.

**Parents can be role models** for active lifestyles and provide children with opportunities for increased physical activity.

## Screen Time

Screen time is free time spent sitting or reclining in front of televisions, computers, tablets, and similar screens. Excessive screen time (over 2 hours a day) can put young children at risk. Listed below are some of the effects that screen time can have on children.



Excessive screen time...

can be habit-forming. The more time a young child is engaged with screens, the harder it becomes for them to turn the screens off when they are older.

for children under 3 is linked to irregular sleep patterns and delayed language acquisition.

takes time away from meaningful interactions with parents, family members, and caretakers.

can be associated with problems in later childhood, including lower math and school achievement, reduced physical activity, social issues, and increased BMI.

has been associated with increased early childhood aggression.

simply put, means less time involved in creative play—the foundation of learning, constructive problem-solving, and creativity.

Reducing screen time...

may lead to decreased interest in screen time as children become older.

can help prevent childhood obesity by allowing time for more physical activity and less exposure to television advertising for unhealthy foods that target children.

could encourage academic achievement, a healthier diet, more physical activity, and the opportunity for older children to participate in school and community activities.

can start now! Limiting exposure before age 6 greatly reduces the risks of excessive screen time.

Do yourself and your young children a favor—create an electronic-media-free bedroom and be a role model by reducing your own recreational screen time.

## Managing Screen Time

Limiting nonproductive screen time and breaking up time spent sitting during productive screen time, regardless of your age, is important. Since face-to-face interactions promote language development most effectively, the American Academy of Pediatrics (AAP) recommends co-viewing with infants and toddlers. Children over the age of 2 will engage in screen time as fully as they do any activity. And, like any other activity, it can have positive and negative effects.



Parents and caregivers should set limits around screen time and be involved in children's media use. When children practice away-from-screen activities, they have more fun and learn more about navigating in the real world.

**Keep Track of Screen Time.** Make a daily log of the amount of time your child spends on screens and the types of content he or she is viewing. The AAP states that the quality of the content is more important than the device or hours of screen time.

**Set Limits.** When it comes to setting limits, you want the limits to be reasonable and attainable. You also want to set limits that are developmentally appropriate for your child. Develop a plan with your family to limit screen time, and discuss the reasons why you are setting limits.

**Be a Role Model.** Try to limit the amount of recreational time you spend on your devices. During the periods when you allow your child to use screens, become more involved by co-viewing, such as playing apps or watching a television show together. Talking with your child about what you are viewing can help facilitate learning. Being a role model for children demonstrates the value of productive time spent away from screens.

**Create Screen-Free Zones.** Consider designating certain times of the day as screen-free, such as when completing homework (that is not on a computer), during dinner, a few hours before bedtime, or during family time. You can also designate certain areas of your home as screen free, such as bedrooms.

## MOVING MORE AS A FAMILY

Playing games is a great way for parents to bond with their child! It also provides opportunities for parents to develop their child's thinking, organizational, motor, language, and social skills as these skill sets are an essential aspect of most games. When active games are selected, parents can also promote their child's physical health.

The following tips are suggestions for helping you get the most out of playing games with your child:



### **Choose carefully & Think about safety issues**

Games come in a variety of styles, and it is important to select games that are appropriate for your child's age, development, and skill level. Choose games that your child enjoys. Let your child be a part of the decision-making process when selecting games to play. Also, think about safety issues, such as if there are small parts that are not suitable for younger children.

### **Be flexible**

Situations might arise where modifications need to be made in order to play a particular game with your child. For example, if it rains when you are hoping to set up an obstacle course outside, set one up inside. Or, if your child really wants to play a particular board game that may be too advanced, change the rules, so the two of you can play.

### **Mix it up**

Play a variety of games with your child. By playing different games, you will provide more opportunities to enhance your child's skills and abilities. Do not hesitate to switch to a new game if your child's interest appears to be waning.

### **Check for understanding**

All games have some type of rules or procedures that need to be followed. As you explain those rules or procedures to your child, take a few minutes to make sure he or she understands them. You could also provide a quick demonstration of the rules or procedures to help your child understand what he or she is supposed to be doing in the game. Try not to start the game until you are confident your child understands how the game works. Checking for understanding can make the game more enjoyable because you are helping to prevent confusion or frustration.

## MOVING MORE AS A FAMILY

### Be a role model

Games are a great way to teach children about valuable social skills, such as being part of a team, taking turns, following directions, regulating emotions, and losing gracefully. As you interact with your child during the game, make sure you are demonstrating these skills. Children learn a lot from observation, so parents should model appropriate, pro-social behaviors for their child.



### Look for teachable moments

In addition to being a positive role model, take note of your child's behavior, and discuss it with him or her. Children will struggle with teamwork, turn-taking, following directions, regulating emotions, and losing gracefully, and they can benefit from a loving and supportive conversation about these behaviors. Try to ask questions that help your child process his or her behaviors and arrive at his or her own conclusions rather than simply telling them what to do or believe.

### Be intentional

Make time to play with your child. Keep in mind, you do not have to block out hours of your schedule to play a game with your child. Sometimes, all you need is 10 or 15 minutes. But without intentionality, it is unlikely that game play will occur. Remember that not all game play needs to be structured. For example, if you notice that your child is playing with Legos, take a few minutes and join in. Remember to let your child lead the play activity.



### Have fun

The most important part of any game is having fun. While it is true that most games will inevitably have a winner and a loser, this aspect of game play should be de-emphasized as it can promote emotions and behaviors that detract from the fun. If you notice that your child is focused on competition, gently remind him or her that it is just a game, and it is more important to have fun than to win. You could

also try praising your child's effort to help take the focus off of performance. If your child becomes too fixated on winning and repeatedly displays inappropriate behavior, take a time out from the game to give your child a chance to calm down and refocus.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### TUMMY TIME FOR INFANTS



#### Materials:

Floor space

Floor mat

Picture books and baby toys (optional)

#### Instructions:

Help your baby gain movement in his or her legs, arms and neck in order to prepare him or her for crawling! Lie your baby face down on his or her chest on the floor. You can sit on a bed, sofa, or chair close to your baby. Start talking or singing to your baby so he or she will start lifting his or her head towards you. Progress by placing your baby on his or her stomach with a play mat on the floor. You can get down to his or her level and use toys to gain your baby's attention, so he or she raises his or her head. Play Tummy Time for 5-10 minutes a day to help your baby gain muscle strength.

### SIT UP AND LOOK



#### Materials:

Comfortable place to sit indoors or outdoors where there is a lot of activity to watch.

#### Instructions:

This activity helps your baby develop basic upper body movements, visual acuity, and core strength with balance. Sit with your baby on your lap, sitting upright and facing forward like you. Point at different things that are happening (e.g., children playing, cars driving, birds singing, rain falling) and talk to your baby about what you are seeing.

Notice how your baby pushes and strains to sit upright and perhaps reaches and points at the activity. This is good for building core strength to sit upright unassisted. As your baby's strength and balance improve, try sitting him or her upright on the floor with pillows behind and beside for some support and safety.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### PLAY BALL



#### Materials:

One to three soft balls

#### Instructions:

Once your baby can sit up right, sit him or her across from you with enough room in between to roll a ball. Roll the ball, let your baby reach, and roll the ball back. You can keep rolling the ball back and forth and allowing your baby to keep moving. You can also add another ball for your baby to grab.

### MAKE YOUR OWN INSTRUMENTS



#### Materials:

Pots, pans, spoons, rattle, other household objects that make noise

#### Instructions:

Help your baby improve his or her coordination, listening skills, and musical exploration by allowing him or her to create music with various objects. You can also play tunes for your baby to imitate.

### STICKY STEPS



#### Materials:

Clear contact paper  
Toys to stick to the contact paper

#### Instructions:

This activity is great for babies to enhance their sensory awareness, muscle strength, and body awareness. Cut contact paper in different size strips. Remove the backing and place the sticky side upwards on the floor. Let your child explore the paper by standing, dancing, or running on it. You can add small toys or objects for your baby to pick up and explore.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### THE COLOR HOP



#### Materials:

Chalk

Sidewalk to color on

#### Instructions:

Using the chalk, draw different colored circles in a large circle spaced enough that your child can jump from one little circle to the next. You will need to draw the small circles in different colors on the sidewalk or driveway where it is safe for them to play. Once complete, give your child instructions, like hop to the next circle or jump to the color blue or freeze on the yellow circle. You can make up your own directions and help your child learn to listen and follow instructions.

### TASTE SAFE FINGER PAINTING



#### Materials:

3 tablespoons sugar

½ teaspoon salt

½ cup cornstarch

2 cups of water

Food coloring

Easel paper



#### Instructions:

Make the homemade paints by combining all ingredients in a small saucepan on low heat. Make sure to mix them and add the food coloring to each batch. When the paint is cooled, go outside with your baby, and set up the easel paper on a surface that is safe for your baby to be on. Put some paint on the paper, let your baby play in the paint, and allow him or her to move the paint all over the paper. For a quick clean up, fill a baby pool with a small amount of water and let your baby play in the pool after he or she is done painting.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### SOUND SAFARI



#### Materials:

Construction paper  
White paper  
Markers  
Ruler  
Scissors  
Tape

#### Instructions:

Create a simple chart using one space for the sound and the other space to place a check or star. Design this on the white piece of paper. Think of sounds you and your toddler hear often outside and list those on the chart. Once completed, tape the white paper to construction paper. When it's time to go outside, bring along the sound safari. If you or your child hears one of the sounds, place either a sticker or check mark next to the sound you or your child heard.

### SENSORY WATER POOL



#### Materials:

Baby plastic or blow up pool  
Water  
Sensory objects and toys

#### Instructions:

Outside fill the small pool with water. Make sure the water is not too cold or too hot, and do not fill the water too high - just enough for your baby to sit in it. Place sensory objects, like shells, water toys, blocks, or dolls. Make sure the objects are suitable for your baby to play with and they do not present a choking hazard. When all the objects are in the pool, let your baby explore the pool. Let him or her know what objects are called and be involved in the play. **\*\*Never leave your child unattended in the water.\*\***

## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### SENSORY BAGS



#### Materials:

Half gallon zip lock bag  
Gel (such as hair gel)  
6 flat marbles or small flat rocks  
Packing tape

#### Instructions:

Put marbles or rocks into the half-gallon zip lock, and fill the zip lock bag with gel. You want to make sure to fill the bag with just a thin layer of gel. If you use a bottle of hair gel, you can use the entire bottle. Seal the zip lock and tape on the wall just high enough that your baby can reach it while sitting. Place your baby near the wall you taped the bag to and allow him or her to explore the bag. Eventually he or she will need to sit upright in order to touch the bag.

**\*\*Always supervise your child while doing this activity as small parts are a choking hazard.\*\***

### BABY SHAKERS



#### Materials:

Empty water bottle  
Dried beans  
Beads  
Pennies  
Small little bells  
Rice  
Ribbon

#### Instructions:

Fill the empty water bottles with any type of object that is small enough to fit in the water bottles. Only place a small amount in the water bottles. Make sure to tightly seal the cap. You can also use a hot glue gun to securely attach the seam of the cap to the bottle. Tie ribbon on the cap of the bottle. Now, let your toddler play with the bottles and help him or her create music and explore the various objects inside the water bottles.

**\*\*Always supervise your child while doing this activity as small parts are a choking hazard.\*\***

## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### DRESS UP TIME



#### Materials:

Old clothes  
Costumes

#### Instructions:

Bring out a pile of old clothes and costumes and let your child play dress-up. You can also play with them, but it is great to encourage group play with two or three other children of the same age.



### YOU'VE GOT MAIL



#### Materials:

Empty shoebox  
Junk mail

#### Instructions:

Cut a slot out in the top of the shoebox. Decorate the box with your child. Place junk mail in it for your child to open. This will help your toddler develop fine motor skills by opening letters. You can also teach your child basic concepts, like what pictures, colors, or letters he or she can see on the mail.



## MOVING TO THRIVE: ACTIVITIES FOR AGES 0 TO 3 YEARS

### DIY SENSORY OR BUSY BOARD



#### **Materials:**

Large wood panel or board

Drill and screws

Objects that can be attached to the board that are safe for babies

#### **Instructions:**

There are many objects you can choose from to attach to the sensory board. Some include a paper towel holder, key board, calculator, door chains, and small wheels. When you have located the objects, you will need to drill them into the board. When complete, let your toddler play with the board and explore the various objects on it.



## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### INDOOR OBSTACLE COURSE

**Materials:**

Pillows  
Laundry baskets  
Ribbon or streamers  
Rolls of socks  
Balloons

**Instructions:**

Obstacle courses are a great way to get and keep your child active. Many different types of obstacles can be set up. For example, use laundry baskets as targets for children to throw a ball or a pair of socks at. Stack pillows or cushions for children to climb. Tape up balloons or streamers to walls to create an obstacle course for children to run or crawl through without breaking the streamers or touching the balloons. For more obstacle ideas, visit Pinterest and other kid friendly websites.

### TAKE SHAPE GAME

**Materials:**

Painters tape

**Instructions:**

This is a great activity in which your child can practice following directions; learning shapes, letters, and numbers; and, most importantly, being physically active inside. Make a variety of shapes, letters, or numbers on the floor with the tape. Develop a variety of directions for your child to follow as he or she navigates to the next shape. Here are a few examples of directions: Jump to the square! Hop to the letter A! Sit on the diamond!  
Crawl to the triangle!

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### DICE PLAY



#### Materials:

Two dices, Paper, Pencil

#### Instructions:

On a piece of paper, label each number on the dice as a movement. For example, hop on one foot 10 times, fly like a bird to the bathroom and back, bark like a dog 5 times. You can assign one dice for movements and the other for a type of animal. Then create unique movements and sounds, like slither like a monkey or hop like a fish. **\*\*Always supervise your child while doing this activity as small parts are a choking hazard.\*\***

### MARBLE PAINTING



#### Materials:

Disposable baking pan, paint, white paper to fit the baking pan, tape and marbles.

#### Instructions:

Tape the white paper to the bottom of the baking pan. Put four 4-quarter- size drops of paint on the paper. Place a couple of marbles in the tray and let your child roll the marbles around in the paint. Once the painting is to your child's liking, carefully remove the paper from the baking pan and place it somewhere to dry. Try creating different paintings with different colors and different size marbles. **\*\*Always supervise your child while doing this activity as small parts are a choking hazard.\*\***

### STICKY NOTE WALL BOP



#### Materials:

Yellow sticky posted notes, maker, beanbag or stuffed animal or small softball.

#### Instructions:

On yellow posted notes, write one letter on each note (you can make as many posted notes as you want). Put all the posted notes on a door or wall, and make sure they are spread out. They don't need to be in order and can be scattered over the wall or door you use. Create a line behind which your child will stand with the object he or she has chosen to throw at the yellow posted notes. Next, give your child instructions to throw the object at a specific letter or ask your child to spell a word. You can create a point system and give your child points based on the number of correct letters he or she has spelled correctly.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### PARACHUTE PLAY



#### Materials:

Parachute (a bed sheet works great!)

#### Instructions:

Have each person hold the parachute or sheet. Fan it upwards by lifting your arms above your head and lower them back to your waist.

Variations: Call out a child's name and have him or her run under the parachute to a new spot while the chute is up in the air. Toss soft balls on the sheet and move your hands quickly up and down to pop the balls all around. Try and keep the soft balls on the sheet! Place a soft object, like a ball or soft stuffed animal, on the sheet and launch the item in the air trying to get the object as high as possible and then catch it. If you have a bigger group of children you can have two groups and have the groups launch soft items to each other.

### DANCE PARTY

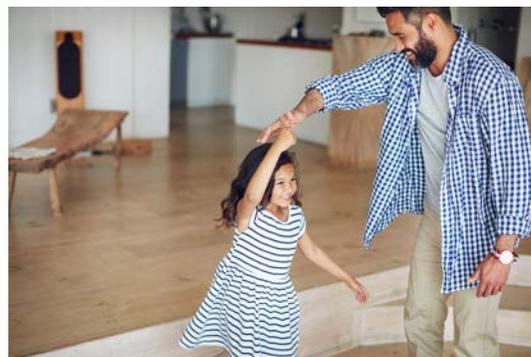


#### Materials:

Space to move  
Music

#### Instructions:

Turn on the music and start dancing!  
When the music stops, freeze and hold the pose until the music begins again.



### JUMPING LINES



#### Materials:

Painters tape (it's easy to remove)

#### Instructions:

Create three sets of lines on the floor. Each set of lines gets progressively farther apart. The first set should be very close lines for hops. The second set should be medium distance lines for average jumps, and the third set should be big distance lines for leaps!

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### HOMEMADE RING TOSS



#### Materials:

Newspaper  
Masking and decorative tape  
Chair

#### Instructions:

Roll three layers of newspaper from one corner to the opposite corner to form a tube. Fasten the paper tube with masking tape to stop the roll from unraveling. Shape the tube in a circle shape and join the ends with masking tape to form the ring. Wrap with decorative tape.

The object of this game is simple, you toss a ring and try to loop it over the top of the chair legs.

- Keep eyes on the target; then step, swing, and follow through letting go of the ring. Opposite foot forward.
- Stand closer to the target and as your child improves, take a step back to be farther away.
- For older children, you could provide a point system for each chair leg. For example, 10 points for the two top legs and 5 points for the two bottom legs.

### MOVEMENT MAT



#### Materials:

Construction paper  
Tape  
Markers  
Bean bag

#### Instructions:

Create a movement mat by writing a movement word in large print on construction paper. Use word phrases, such as march in place, jump 10 times, wiggle, run in place, stomp your feet, touch your toes, Tape the construction paper together to make a mat at least 3 X 3 (9 total movements). Toss a bean bag and perform the action!

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### SCOOP!



**Materials:** To play, you need 2 plastic one-gallon milk jugs and a beanbag or small ball. To make the scoops, carefully cut the bottoms off the milk jugs. (You may need a grown-up to help you with this part.)

**Instructions:** This game is for two or more players and should be played outside or in an open area. Using your scoops and the beanbag, begin to play catch with your partner. Each time you catch the beanbag, take one step backwards. See how far apart you and your partner can go and still catch the beanbag.

### ANIMAL RACES



#### **Materials:**

Cone  
Rope or other material to mark a start and finish line

#### **Instructions:**

Line up at the start line. Hop like a bunny, fly like an eagle, waddle like a duck, or gallop like a horse from the start line to the finish line. Play several rounds changing the animal each time. Add silly animal sounds to get kids laughing!



## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

SIMON SAYS!



With no materials needed, this is an easy activity to play with your children! This activity can be played indoors or outdoors or with limited space or plenty of space!

The point of this game is to follow the leader, Simon. One person is selected to play Simon. Simon stands in the front of the group and is responsible for giving tasks to all the other players. Players should only follow a task when Simon starts the instruction with “Simon Says...” The point of the game is for Simon to try and get the players to do a task that Simon did not start with “Simon Says...” For example, if Simon says, “Simon says, ‘March in place!’” all the players should march in place. If Simon says, “Jump up and down!” players should not follow this instruction because it did not start with “Simon Says.” They should just keep marching in place. Those who do not follow orders correctly are eliminated until a winner is identified.

Shake your whole body.	side and make circles with them in the air.	over.
Jump up and down.	Hop on your left foot 10 times.	Show off the muscles in your arms.
Spin around in circles.	Hop on your right foot 10 times.	Lie on the floor and stretch out as far as you can for 10 seconds.
Do a cartwheel.	Hop around like a bunny.	Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Balance on your left foot for 10 seconds.	Pretend to jump rope for 10 seconds.
Walk like a bear on all 4s.	Balance on your right foot for 10 seconds.	Pretend to ride a horse.
Walk like a crab.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Hop like a frog.	Reach behind you and try to hold your left foot with your right hand without falling over.	Take five of the biggest steps forward that you can.
Walk on your knees.	Reach behind you and try to hold your right foot with your left hand without falling over.	Pretend to lift a car.
Lie on your back and pedal your legs in the air like you are on a bike.		Do the strangest dance you can think of.
Pretend to sit in an invisible chair five times - sit then stand, sit then stand, etc.		Scream.
Hold your arms out at your		

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### SUN MELTED RECYCLE CRAYONS



#### Materials:

Shaped cookie cutters, tin foil, paper plate, and broken crayons.

#### Instructions:

This activity works best when the weather is hot outside. Break crayons into small pieces so they fit in the cookie cutter shapes. Wrap the paper plate with tin foil. Next, place the paper plate in the hottest location and then place the cookie cutters on the tin wrapped plate. Place broken crayon pieces inside the cookie cutters. If it a 100 degree day, the crayons should melt in about 1 hour; if it is less hot, it will take longer. Once you have noticed the pieces have melted, have a parent remove them from the sun and cool them inside. Once cooled, you can use the crayons, which are now in cookie cutter shapes, to color other projects.

### SIDEWALK CHALK OBSTACLE COURSE



#### Materials:

Sidewalk, chalk

#### Instructions:

Instead of skipping and picking up stones like hopscotch, think of different activities that your child can do, like twirl, touch your toes, 10 jumps, arm circles, squats, run a in place for 15 seconds, or sit-ups. Have kids toss a rock and perform the task where the rock lands, or have the kids run the obstacle course from start to finish!

### HOMEMADE BIRD FEEDER



#### Materials:

Large pinecones (or toilet paper rolls), peanut butter, birdseed, raisins, and yarn.

#### Instructions:

If you cannot find pine cones, toilet paper or paper towel rolls will work. Tie the yarn either on the top of the pinecone or pierce it through the cardboard roll. Spread peanut butter all over the pinecone or cardboard roll. Then, roll the pinecone or cardboard in the bird seed and raisins. Finally, hang your bird feeder outside on a tree or porch, and enjoy watching the birds eat.



## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### WATER BALLOON ART

**Materials:**

Balloons, container, canvas, water color crayons.

**Instructions:**

Start by coloring the canvas with watercolor crayons – washable markers will work too but use darker more vibrant colors. Fill the balloons with water. Your toddler can throw the water balloons on the painting. Make a game out of it by testing your child's throwing skills. Let the canvas dry, then you can color the canvas again or just keep your creation the way it is.

### NATURE SCRAP BOOK

**Materials:**

Leaves, flowers, twigs from outside, hole puncher, yarn, wax paper and iron/ironing board.

**Instructions:**

Have your toddler go on a nature walk with you. Pick up a variety of flowers, leaves, and bark. Once at home, cut out two large pieces of wax paper that are the same size. Place all of your nature findings on one of the pieces of wax paper. Make sure wax side is towards the leaves. Have an adult carefully move the covered wax paper to the ironing board. Plug in iron and place on a low heat. When the iron is hot, place the other piece of wax paper on top of the covered one. Gently have the adult iron the two pieces of paper together. When everything is melted and the two pieces are combined, wait for the wax paper to cool. Then punch two holes, using the hole puncher, on the top of the wax paper some distance apart. Tie the yarn through them. You can now hang your nature walk finding in a window or on the refrigerator.

\*\*Be sure to watch your child carefully when near the hot iron.\*\*

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### TREE BARK RUBBINGS



#### Materials:

Easel paper, packing tape, and crayons.

#### Instructions:

Outside on a tree, wrap the easel paper around the tree trunk and secure it with packing tape. Grab crayons and remove the wrapping from them. Let your child use the crayons to outline the tree bark and to rub the crayons all over the paper.

### BALLOON TENNIS



#### Materials:

Balloons, Fly Swatters

#### Instructions:

This game gets everyone moving. Simply, blow up the balloon and keep it in the air, using only the fly swatter. Hit the balloon back and forth to each other with a goal of keeping the balloon in the air. If the balloon touches the ground, simply pick it back up and put it in play! When you have mastered one balloon in the air, try adding more balloons to see how many you can keep in the air at the same time!

### RIBBON-DANCE



#### Materials:

Long Ribbon with handle. (You can make a homemade version with a branch and long ribbons!)

#### Instructions:

It's a simple toy that helps work the shoulder muscles. Play music and have your child sway the ribbon to the tempo of the music. Twirl it, swirl it, zig-zag it, and circle it. So many new verbal routines come from this one little magical wand.



# MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

## POMPOM HOCKEY



### Materials:

Pompoms, wrapping paper cardboard tubes, paper plate for a scoop, masking tape.

### Instructions:

Make two scoops out of the two paper plates. Tape each plate on a cardboard tube. Using tape, make square shape boxes on the floor as a goal for the pompoms. The challenge is to get as many pompoms as possible into your square. The rules of the game are to not use your hands and use only the scoop on your cardboard hockey stick to move the pompoms into the squares.



Photo credit:  
[www.learning4kids.net](http://www.learning4kids.net)

## BLACKBERRY FINGER PAINTING



### Materials:

You will need a purple and black paint, picture of blackberries (or real ones) for reference and paper. Just use a small amount of black paint and a larger amount of purple paint.

### Instructions:

Dip the tips of our fingers in the purple and black paint and use your finger tips to create blackberries. The tips of the fingers are great for making painted blackberries because they imitate the small round balls that make up the shape of blackberries.



Photo credit:  
[www.learning4kids.net](http://www.learning4kids.net)

## HANGING CRYSTALS



### Materials:

You will need two jars, a string of wool, water, two paper clips, small plate and bi-carbonate soda and a table chart.

### Instructions:

Fill two jars with hot water. Stir in about six teaspoons of bicarbonate soda or until no more will dissolve. When a layer forms at the bottoms of the jars, this means no more will dissolve. Tie a paper clip to each end of the piece of wool and place each end in each jar. Leave the jars for a week. Crystals will grow along the wool and hang down. Record week by week what happens to the wool string.



Photo credit:  
[www.learning4kids.net](http://www.learning4kids.net)

## MOVING TO THRIVE: ACTIVITIES FOR AGES 3 TO 5 YEARS

### TOILET PAPER ROLL PEOPLE



#### Materials:

Toilet paper rolls, pipe cleaners, recycled fabric scrapes, scissors, glue, pompoms and black marker.

#### Instructions:

Help your toddler pierce the top and bottom of the toilet paper roll. Push the pipe cleaners through the small holes to create the arms and legs. Use the large pompoms for the hair by stuffing them into the top of the toilet paper rolls. You can cut out or glue the scrapes of fabric around the roll to make clothing. Draw faces on the roll. Create as many people as you would like and allow your child to role-play with the characters.



Photo credit:  
[www.learning4kids.net](http://www.learning4kids.net)

### MUSICAL CHAIRS VARIATION



#### Materials:

Construction paper, tape, and music.

#### Instructions:

Tape the same color of construction paper in a circle on the floor. You can add three pieces of another color of construction paper or draw a sad face on three of the existing pieces of paper. Place the sad faces or the three pieces of a different color paper in the circle. The kids will now walk on the paper, moving from piece to piece. When the music stops, the child standing on the sad face or opposite color paper will be out of the game. Each time you stop the music, remove one piece of paper.

### LIMBO



#### Materials:

Broomstick or other long stick.

#### Instructions:

Two players hold the limbo stick while the other players take turns going under it. Players should lean the top half of their bodies backwards, so their hips go under the stick first. (BE SURE TO STRETCH FIRST!) After each player goes under once, lower the bar at least 1 inch and start over. Players keep *limboing* as the stick gets lower and lower. If a player touches the stick with any part of his or body, he or she is out. The last person left is the winner!

## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### CHARADES



#### Materials:

Paper and Pens

Scissors (to cut paper)

1 bowl (or anything that can hold folded paper, like a hat) per team

Timer or Watch

#### Instructions:

In this game, four or more players act out words without talking, while their teammates try to guess the word. Gather your family and friends and the materials listed above. Divide into teams. Each team must have a minimum of two players. Each team gets a piece of paper and cuts it into six pieces. On each piece of paper, write a word that fits under one of the categories below. Fold the slips of paper and place in a bowl. Determine how long you will play. For example, 20 minutes. Teams switch bowls. Then, one team will start by having one member pick a piece of paper and act out the word. This member's team has to guess the word within one minute. After one minute, the next team takes their turn. The team with the most correct guesses in the allotted time wins!

Categories: TV Show, Movie, Animal, Person, Place, Thing

Create other categories, like relatives or favorite songs, to add your own family flare!

### IT'S SHOW TIME!



#### Materials:

Any household items can be used as props

Stuffed animals or puppets

Items needed to highlight a talent or to add interest, like musical instruments

#### Instructions:

This activity allows your family to express their creativity! Help your children produce a play, talent show, or puppet show. The shows can be presented as private showings of two or for a large audience of family and friends! Gather as a family and write a script for a play, a puppet show, or a talent show. Act out the script using household items as props.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### PICTURE THIS!



#### Materials:

Paper

Pens

1 Bowl (or anything that can hold folded paper, like a hat) per team

Timer or Watch

#### Instructions:

Gather your family and friends and the materials listed above. Divide into teams. Each team must have a minimum of two players. Each team gets a piece of paper and cuts it into 6 pieces. On each piece of paper, write words that fit under the following categories: Person, Place, or Thing. Fold the slips of paper and place them in a bowl. Teams will switch bowls. Then, one team will start by having one member pick a piece of paper and draw the word without talking. This member's team is to guess what the drawing is within one minute. After one minute, the next team takes their turn. The team with the most correct guesses wins!

Need a challenge? Try drawing with your eyes closed or with the opposite hand!

### CREATE AND CONSTRUCT



#### Materials:

Stackable plastic cups, plates, or bowls; or

Marshmallows and toothpicks; or

Legos, Lincoln Logs, or any other toy available

#### Instructions:

This activity encourages your family to be creative! Using household items or relatively cheap store bought items, your family can build towers, pyramids, and structures galore! Gather as a family with any of the suggested materials listed. Challenge each other to build items using only the materials chosen. Variations include the following: name a category, set a timer, or build one giant structure together.

## TANGRAMS



### Materials:

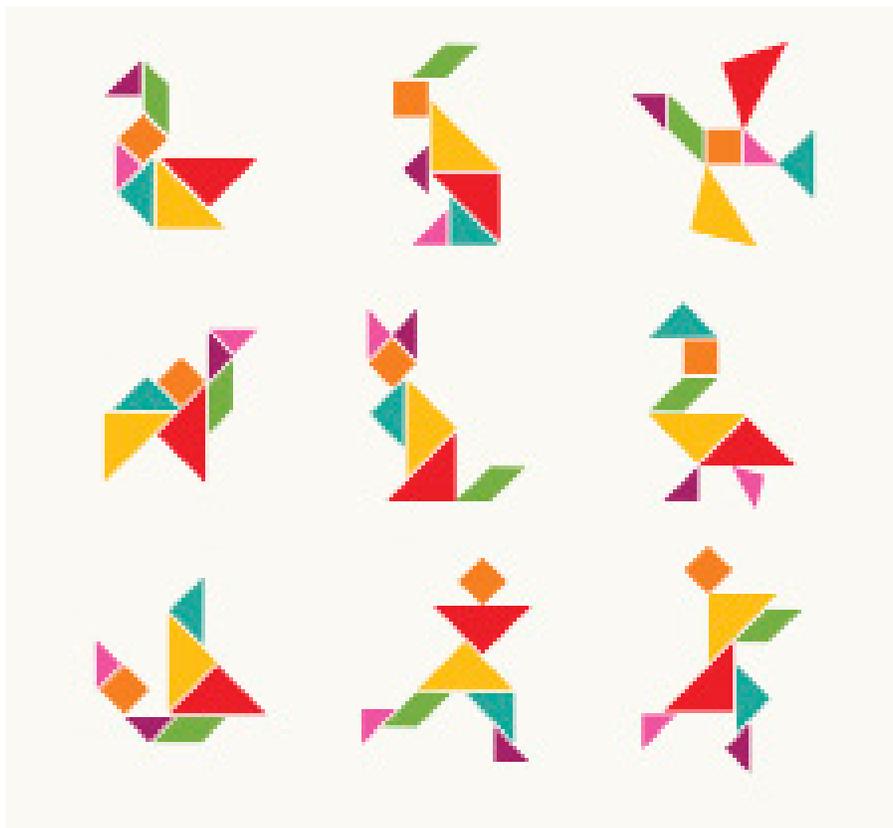
Thick paper such as cardstock

Scissors

Small plastic bag

### Instructions:

Tangrams are puzzles that involve moving geometrical shapes to create pictures or designs. Search for tangram pages on the internet. Print the shapes on thick paper, such as cardstock. If desired, each child can color the tangram pages. Adults or older siblings can cut the shapes from the tangram print out. Using the tangram images found online, players can move and slide their shapes to match the tangram pictures. Add physical activity to this game by acting out the finished pictures!



## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### MY KINGDOM!



#### **Materials:**

Everyday household items (Help your child to pick safe items and check their kingdoms for safety!)

Imagination!

#### **Instructions:**

Find a safe place for your child to build his or her kingdom. Encourage your child to use his or her imagination to plan the kingdom. Offer assistance as necessary to build the kingdom's structure. Allow your child to play creatively in the kingdom with siblings, friends, pets, stuffed animals, or toys.

#### **Suggestions:**

Couch cushions can be used to build fortress walls that keep out unwanted knights and dragons.

A blanket draped over chairs provides shelter from the imaginary dangers of a storm.

A large box can be made into a playhouse for the perfect tea party.

A blanket draped over a table provides solitude for reading.

Encourage your child to be creative and make the kingdom of his or her dreams!



# MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

WHAT'S YOUR NAME?



**Materials:** None needed

**Instructions:** Spell out your name and complete the activities listed for each letter. For a greater challenge include your middle name, last name, and maybe even family members' names!

- |          |   |          |   |
|----------|---|----------|---|
| <b>a</b> | Jump up and down 10 times                 | <b>n</b> | Pick up a ball without using your hands   |
| <b>B</b> | Spin around in a circle 5 times           | <b>o</b> | Walk backwards for 50 steps and skip back |
| <b>c</b> | Hop on one foot 10 times                  | <b>p</b> | Walk sideways 20 steps and hop back       |
| <b>d</b> | Run to the nearest door and run back      | <b>q</b> | Crawl like a crab for 10 seconds          |
| <b>e</b> | Walk like a bear for 10 seconds           | <b>r</b> | Do 20 jumping jacks                       |
| <b>f</b> | Do 3 cartwheels                           | <b>s</b> | Bend down and touch your toes 20 times    |
| <b>g</b> | Do 10 jumping jacks                       | <b>t</b> | Hop backwards 10 times                    |
| <b>h</b> | Hop like a frog 8 times                   | <b>u</b> | Roll a ball using only your head          |
| <b>i</b> | Balance on your left foot for 10 seconds  | <b>v</b> | Flap your arms like a bird 25 times       |
| <b>j</b> | Balance on your right foot for 10 seconds | <b>w</b> | Pretend to ride a horse for 15 seconds    |
| <b>k</b> | March like a toy soldier for 10 seconds   | <b>x</b> | Do 10 sit ups                             |
| <b>l</b> | Pretend to jump rope for 20 seconds       | <b>y</b> | Walk on your knees for 10 seconds         |
| <b>m</b> | Do 3 somersaults                          | <b>z</b> | Do 10 push ups                            |

## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### MISSION IMPOSSIBLE



#### Materials:

Yarn, colored string, or crepe paper  
Tape  
Hallway, corridor, or small room

#### Instructions:

Tape the string or paper back and forth across the hallway, corridor, or small room to create an obstacle course. Tape it low and high so your child must step over and crawl under it to move through the obstacle course. The child moves through the course trying not to touch the string. If he or she makes it through, he or she has made this mission possible!

### DANCE MEMORY TRAIN



#### Materials:

Radio or any music player with speakers

#### Instructions:

Turn on your favorite radio station or music track. Player 1 creates a dance move and shows it off. After five seconds, player 2 goes. Player 2 does player 1's dance move and then creates his or her own new move. The game continues with each player taking a turn to add a new move. The player who can remember all the moves in the right order without an error wins!



## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### MUSIC TO THEIR EARS



#### Materials:

Plastic containers, pots and pans, wooden spoons, strainers, cups, etc.

#### Instructions:

Do you own any old Tupperware or dish pans that you no longer need? Nail them to an old post in the back yard or place them outside for your child to use as instruments! Encourage your children to create a new song or play their favorite song with their new instruments!

### GOING FOR GOLD



#### Instructions:

Host the Olympics with races, tosses, obstacles courses, and brain challenges. Plan and set up an obstacle course. Have the children make their own flags of the countries they represent. Award medals!

### MINUTE TO WIN IT



#### Materials:

Timer (each round is one minute)  
A variety of household items (spoons, paper plates, eggs, blocks, water bottles, etc.)

#### Instructions:

Mark a starting and ending point. Form two groups of family members and friends. Explain that the groups will race while balancing items. For example, an egg can be balanced on a spoon, a water bottle can be balanced on a flat palm, or building blocks can be balanced on a paper plate on the players' heads. The group with the most members successfully crossing the finish line within the set time wins.



## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### ULTIMATE WARRIOR



Create an obstacle course at a park, in the backyard, or in a favorite room in the house. Using items like pillows, cushions, yarn, jungle gyms, and monkey bars, create an obstacle course that an ultimate warrior must pass through to save the day! Try to include jumping over objects; swinging from bars; crawling through spaces; balancing on small surfaces, like beams; running; and, of course, plenty of fun! Below are some examples to help you get started.

**At a park:** Have the player swing on monkey bars, slide down the slide, race to a tree, run around it, hop back, and tag your hand to become the Ultimate Warrior!

**In the backyard:** A player must hop over objects, crawl under yarn without touching it, balance on a log or board, and race to the finish line. If the player does so in less than two minutes, he or she becomes the Ultimate Warrior!

**In the house:** A player must step from cushion to cushion without falling off into the alligator pit. Then, he or she must crawl under the yarn lasers without touching them. Once through, the player must answer a math, history, or spelling question like: "How do you spell warrior?" When the player answers correctly, he or she must do 15 jumping jacks and then touch the wall. If the player completes this in less than 2 minutes, he or she becomes the Ultimate Warrior!

### GLOW IN THE DARK BOWLING!



#### Materials:

Glow sticks (3-10)

6-10 Plastic water bottles with caps (recycled and filled with water)

A ball (soccer, basketball, kickball, etc.)

#### Instructions:

Follow the instructions for lighting the glow sticks and place them in filled water bottles. Line the bottles up in a triangle. Each player rolls the ball and has 2 tries to knock all the bottles down. Each bottle knocked over is worth 1 point. After 10 rounds, the player with the most points wins!

## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### DUCK DUCK GOOSE!



Players sit in a circle with their legs crossed. These players are called the *ducks*. One player, named the *fox*, goes around the circle and gently taps on each player's head saying *duck*. As the *fox* is going around the circle, he is considering who to choose as a *duck* to chase him or her. Once the *fox* chooses, he or she says *goose* as he or she taps the person on the head. The *fox* then tries to run around the circle and make it back to the position left open by the chosen *goose*. The *goose* tries to tag the *fox* before he or she sits down in the now open position. If the *fox* makes it back to the open position, then the *goose* becomes the *fox*. If the *goose* tags the *fox*, then the *goose* gets to sit back down, and the *fox* must go around the circle again.

### HOT ON SPOTS!



#### **Materials:**

Cardboard or construction paper cutouts of shapes, such as circles, triangles, and squares (large enough for children to hop onto)

Markers, crayons, or pens

#### **Instructions:**

This activity is similar to hopscotch. Spread the cardboard cutouts along the floor. Tape them to the floor so they do not slip when a child jumps onto them.

Each child takes turns jumping onto a shape, letter, number, or color as it is called out by the parent or caregiver.

**Suggestion:** If playing outside, try drawing the shapes with sidewalk chalk!

## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

### TAG, YOU ARE IT!



An oldie but a goodie! Tag involves players being chased by one or multiple players who have been identified as *it*. The *it* player or players try to tag (or touch with a hand) those being chased. The goal is to not get tagged! Once tagged, the person becomes *it* and must chase the other players.

**Note:** Before playing, it is recommended that an adult explains how to tag with soft touches on the shoulders to prevent injuries.

#### Other Tag Games

**Freeze Tag:** Once tagged, players are frozen in place. Players who are not frozen can unfreeze players by tagging them on the shoulder. Another way to play is for players to crawl under the legs of those who are frozen!

**Line Tag:** You can play this variation on a surface where lines are on the ground, like a gymnasium floor. Players must run on lines only and try not to be tagged.

**Sharks and Minnows:** After defining boundaries and identifying a safe zone, one or more players are labeled as *sharks*. The rest of the players are *minnows*. The *minnows* try to get to the other side (safe zone) without being tagged by a *shark*. Once tagged, a *minnow* becomes a *shark*.

### WATER BALLOON GAMES



**Materials:** Water balloons, water source

**Instructions:** Divide into teams of two and give each team one beach towel. Each person holds one end of the beach towel and pulls it tight. Place a water balloon in the center of the beach towel and toss it to the other team. The other team tries to catch the balloon on their beach towel. Keep passing the balloon back and forth just for fun or keep score to see which team can catch the most balloons successfully. Everyone pairs up and stands across from their partner. Toss the water balloon back and forth. Take one step back in between each toss. Keep playing until everyone's balloon breaks. If you want to make it extra fun, have participants lather their hands with dish soap before they start playing! It will lead to lots of laughter as the slippery water balloons will be almost impossible to hold.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

ENDLESS OPTIONS WITH A DECK OF CARDS!



### Materials:

1 Deck of cards

### Instructions:

#### Slap Jacks:

Shuffle and split the deck of cards in even amounts between or among players. All the players place their cards in a face down pile. Starting and going around the table clockwise, players take turns flipping one card over, face up, and placing it on a face up pile in the center. Players keep flipping until a Jack appears. The first player to slap the Jack wins and collects all the cards in the pile. The first player to collect the entire deck wins.

#### War:

Shuffle and split the deck in even amounts between or among players. Players flip cards over face up at the same time. The player with the highest card wins and collects the other player's laid cards. If cards are equal, players flip another set of cards. The player with the highest card collects all the played cards. The first player to collect the entire deck wins.

#### Other Games:

Try Go Fish, Crazy Eights, Old Maid, or Building a Card Tower! Instructions on how to play these games can be found on the internet.



## SIMPLE GAMES FOR SMALL SPACES!



### **Music to My Ears**

Have players try to place five cans with varying quantities of pennies (or beads) in the correct order from least to most items. Before playing, with a sharpie, write the number of items on the bottom of each can.

**\*\*Note:** Be cautious of choking hazards with young children.\*\*

### **Chandelier**

Using paper plates and cans, stack one can and one paper plate until you have four layers.

### **Tweeze Me**

Use tweezers to relocate five small beads or candies from one bowl to another.

**Note:** Do not play with young children due to choking hazards.

### **Scrumptious Scramble**

Assemble the front of an empty cereal box that has been cut into 9, 12, or 16 square pieces.

### **Popcorn!**

1 person tries to keep two balloons in the air.

### **Leaning Tower of TP**

Stack 3, 5, or 7 toilet paper rolls. You can make this task more of a challenge by having the players stack the rolls on the arm of a couch, a bed, or anything that is not flat!

### **SNEAK ATTACK!**

Playing games provides an opportunity to provide healthy snacks!

Place bowls of fruits and vegetables on the game table for your family to snack on while playing short games.

**Remember! Children need 5 or more fruits or vegetables a day to grow healthy!**

## MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

### WHO AM I



#### Materials:

One pack of post it notes, a timer, and a pen to write.

#### Instructions:

Write down any famous characters or celebrities on a post it note. Stick the post it note on one person's forehead, making sure that everyone can see the name except for the person to whom the post it note is stuck. The group can either break into teams or play as individuals. Each group or individual must provide clues to the person with the sticky note on his or her head that will help him or her solve the character. He or She has 30 seconds to use the clues to determine who he character is before the group or individual takes a turn.

### PICK A SILHOUETTE



#### Materials:

Used magazines, scissors, glue, black marker, stencil, flat side of a cardboard box.

#### Instructions:

Using a flat side of a cardboard box either draw a silhouette, with the black maker, of an animal or design you would like to decorate or use a stencil. Next, cut small strips of paper from the used magazines. You can cut small pieces or larger pieces and mix them up. When you have enough pieces to cover your silhouette, start gluing the strips down. You can glue the strips in whatever order or color you prefer. Once your silhouette is covered with all the strips, let it dry. When dry, you can cut out your silhouette from the box.

### STACK ATTACK



#### Materials:

Timer, 21 plastic cups per person competing.

#### Instructions:

Players have to stack a pile of cups and then place them back into a single stack in under a minute. This can be played by timing kids one at a time or having them face each other in groups.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

### PICTURE WALL ART



#### Materials:

Scissors, clothes pins, cardboard box, pen, hot glue gun, and pictures to hang.

#### Instructions:

On the flat side of the cardboard box, draw a circle big enough to fit the amount of clothes pins you have. Then draw another circle that is smaller inside of your bigger circle. Cut the biggest circle out of the box. Once that circle is free from the box, cut the smaller circle out leaving you with a wreath design. Place all the clothes pins around the wreath by using the hot glue gun to glue down the back of the pin on the cardboard. (You can paint or color the clothes pins if you desire before gluing them to the wreath). Once all pins are on and the glue is dried, you can now clip pictures around the wreath, leaving you with a photo collage that you can hang anywhere.

### INDOOR HERB GARDEN



#### Materials:

(4) 2-pint plastic milk jugs, 3cm wide wooden baton long enough to fit your window, 4 different herbs (planted already in a plastic pot that can fit into 2 pint milk container, scissors, hole puncher, ruler, permanent marker, craft knife.

#### Instructions:

First, give your milk bottle a thorough clean with water and remove labels. Using the scissors, remove the top and handle of the plastic bottle. You can do this by following the marking on your bottle or by drawing beforehand where you will cut with a marker. Using the craft knife and ruler, cut at 2 centimeters (cm) from the longer side of the bottle top edge and then make two vertical cuts parallel from the center of the bottle. The cuts need to be approximately 4cm long and at 1.5cm from either side of the bottle center (but this depends on your baton size). Finish the slits by punching holes on the top end of the vertical cuts (this gives the bottles enough space to slide on). Next use the black permanent marker pen to decorate and label each bottle. To finish, slide the bottles through the wooden baton using your pre-cut slits and suspend it from the windowsill with your choice fixing. Place your herbs inside the bottles and place them where they can grow with plenty of sunlight and water.

# MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

FITBALL



## Materials:

Beach Ball, permanent marker

## Instructions:

Inflate the beach ball. Using a permanent marker and the list of fitness activities below, write 3-4 fitness activities per color panel on a 12-inch beach ball. Arrange participants in a circle and start playing music. As music is playing toss the ball around the circle. Randomly stop the music. As the music stops, the person left holding the ball when the music stops will pick the fitness activity that is closest to their right thumb. Once the participant has completed the activity, start the music and continue playing

## List of Fitness Activities

(Modify or change exercises as needed, but try including at least 3 exercises per panel.)

### Yellow Panel

5 Squats, 10 Toes Touches, 10 Arm Circles (Backward)

### Orange Panel

Run in Place for 10 counts, 5 push-ups, 5 Side to Side Jumps

### Green Panel

5 jumping jacks, 10 sit-ups, Butterfly Sit (Hold for 10 counts)

### White Panel

Straddle Sit (Left, right, center for 5 counts each), 10 Lunges, 10 Shoulder Rolls

### Red Panel

10 Arm Circles, Side Arm Stretch (Hold each arm for 5 counts), 5 Forward and Backward Jumps

### Blue Panel

5 Jumps to the Sky, Hop on 1 Foot (5 Hops per foot), Upward Arm Stretch (Hold for 10 counts)

Source: <https://makinghealthierdecisions.com>

## MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

### LAWN TWISTER



#### **Materials:**

4 colors of spray paint, lawn with grass, spinner board from twister

#### **Instructions:**

First, make sure it is okay with an adult for you to spray paint a portion of the lawn. Using four colors, color five circles in a row the same color and then repeat for the next colors. The lawn should look like a twister mat. Using the spinner board from twister, spin with each player moving a body part on a specific color. If you do not have a twister spinner, you can make one. If a player loses his or her balance and falls, he or she is out of the game. Play until the last player remains standing.

### KNOCK IT OUT



#### **Materials:**

Orange (or tennis ball or an apple), nylons, full water bottles and a timer.

#### **Instructions:**

Put the orange or other object into the nylons and put the nylon on the top of your head. Place water bottles throughout the patio or on the sidewalk. You can play in groups or individually. Players must knock as many water bottles as possible down with the nylons within a minute.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

### CANVAS STRING ART GRAFFITI



#### Materials:

Canvas, spray paint, yarn/string, masking tape, scissors, cardboard, and a mask.

#### Instructions:

Flip the canvas over, and tape one end of the yarn onto the back using the masking tape. Turn the canvas back over, and tightly wrap the yarn around the canvas in a random pattern. At times, you may need to tape the yarn in place on the back. For example, near the corners. Once you are satisfied with the way your canvas is wrapped, outdoors or in a well-ventilated area, place the canvas front side up on a piece of plastic or cardboard. Wear a mask, and spray the canvas with different color spray paints. Allow the canvas to dry completely, preferably 3 hours. Cut the string off and remove the tape from the back.



Photo credit:  
[www.jugglingactmama.com](http://www.jugglingactmama.com)

### GET TO KNOW BEACH BALL



#### Materials:

Inflatable beach ball and sharpie.

#### Instructions:

Inflate the beach ball. Next, write multiple questions on the beach ball. For example, what is your favorite book? How many countries have you visited? What is your favorite food? What is the most embarrassing moment you've experienced? After you list your questions, gather friends and family around the circle, and throw the ball to the other players. When the person catches the ball, he or she must answer the question that is in front of them.

## TIE BLANKET



### Materials:

Sharp scissors, 2 ½ Yards of two fleece materials (Can be two different colors or same colors), ruler, piece of paper.

### Instructions:

Place your two pieces of fleece on a large surface, and match them up evenly. Cut off any excess, such as if one fleece is really hanging over the edge or below another. Cut off any writing that may be on the material. Begin at one corner. Measure 3 inches up and 3 inches across, and cut out the corner. Begin cutting approximately 1 inch strips down the blanket. It is helpful to take a piece of paper and mark it every 1 inch; then you can place this on your blanket, and it gives you a better idea of where to cut each strip. Use a sharp scissors to cut through both layers of fleece. After you have cut several strips, go back and begin tying them together. You want to double knot the fleece together and try to make sure that the opposite pattern shows when the knot is done. Keep cutting and tying all around the blanket until you have finished. Remember when you get close to a corner, if you have not already done so, you need to cut the 3 inch by 3 inch corner out so that the corners will flow together.



*Tied Fleece Blanket:  
A Tutorial*

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## PIN BALL



### Materials:

12 volley or soccer balls, 8 cones, a strap or something to make a line across the lawn.

### Instructions:

Make the court on the lawn with a middle and two ends. On the two ends, line up four cones on each side. Place one ball on each cone. Divide players into teams and, each player will try to knock down the balls on the cones. They may not pass the line on the other team. The team to knock all four balls off the cones wins.

## MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

### HULA-HOOP DANCING

**Materials:**

Hula-Hoops

**Instructions:**

Turn up the music and get the Hula-Hoops Moving! Dance around, sing, and build your core strength while working on coordination and rhythm.

### RUNNING TIC-TAC-TOE

**Materials:**

Hula-Hoops, string to make circle, or tape to mark off a tic-tac-toe board, two different colored bean bags, starting line, at least 2 people to play.

**Instructions:**

Build your tic-tac-toe board. Set a starting line about 10 feet away from the board. Flip a coin to see who goes first. The first person will run to the tic-tac-toe board and place their bean bag on the board. Once a person places his or her bag on the board, he or she must run back and cross the starting line. When a person crosses the starting line the other team member may go. The first person with three in a row wins the game!

### PASS THE HOOP!

**Materials:**

Hula-hoops and music

**Instructions:**

Like musical chairs, only hoopier. This is a game for 6 or more players. One player is the referee. Players stand in a circle holding hands with a hula-hoop hanging on one person's arm. The referee starts the music and players pass the hoop to the next person by wiggling through it. Players must keep holding hands. The player stuck with the hoop when the music stops is out. To make the game more difficult, try playing with two hoops.



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