

Activities for Families with Young Children

Select movement activities to do as a family. Choose activities that work best for your child(ren)'s age, ability, and time you have available.

Infants and Toddlers (0-24 months)

- Help your child to stretch their arms and legs.
- Encourage your child when you see them kicking their legs.
- Lay next to your child in "Happy Baby" yoga pose. See if they will reach for their toes.
- Spend some time outdoors with your child.
- Place your child on your chest as you lay down. They may lift their head to look at you which helps strengthen their neck muscles!



- Hold your child and dance to a song you both like.
- Mimic the moves your child does.
- Move a bright object slowly as your child's eyes follow it.
- Place your child on his or her tummy to reach a toy nearby.
- Sing "The Wheels on the Bus" and help your child to do the hand or body movements to the song.



- Extend your child's arms out to the side and see what they do next.
- If your child can sit up, lift them and then place them back into a sitting position. Repeat 5 times.
- Coo and make faces at your child and see if they start copying you.
- Roll a ball towards your mobile infant or toddler to see what they do next.
- Is your infant crawling, standing or taking steps yet? Encourage them at whatever stage they have reached.



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Activities for Families with Young Children

Toddlers, Preschoolers, and School-agers (2-8 years old)



- Spend some time doing your favorite movement outdoors.
- Complete 10 squats after lunch.
- How long can you hold a plank pose?
- Complete 20 arm circles!
- Hold a Yogi squat pose for 15 seconds. Repeat 3 times.
- Take a break and practice some deep breathing.
- Create a family steps challenge. How many steps can you achieve each day?
- Try balancing on one foot and see how long you can do it.
- Grab some chalk and go outside for a game of hopscotch.
- Play a game of 'Keep-it-up' with a ball or balloon. Don't let it hit the ground!
- Do 30 bunny hops during a brain break.
- Head outside for a nature walk.
- Walk or ride a bike, scooter, or trike to your favorite places close to home.
- Use objects around the house to create a family obstacle course. Climb, hop, and skip through the course.
- Pretend to be animals and act out their movements. Slither like a snake. Gallop like a horse.



- Toss rolled up socks into a laundry basket. Move the basket further away for each round.
- Pick a favorite song and make up a new dance to it.
- Demonstrate a "downward dog" yoga position.
- Play a game of charades.
- Plan a nature walk along with a scavenger hunt.
- Demonstrate the 4-7-8 breathing technique. Breathe in for 4 seconds, hold it for 7 seconds, and then breathe out for 8 seconds.
- Grab a ball and practice kicking. Set up empty boxes or water bottles as targets.
- Have a family relay race.
- Go for a walk in your neighborhood. Take small and large steps, walk on your toes and heels.
- Take a few balls outside to roll, throw, and bounce.
- Pretend to be a family marching band.
- Practice skating! Use paper plates to slide on floors.
- Pretend you are a sunflower and move your body as you grow towards the sun.
- Find or make a straight line on the ground, practice walking heel toe on the line. Use your arms for balance!
- Move your body as you sing "Head, shoulders, knees and toes."