



Wellbeing lives here!

# GRAB & GO GUIDE

## for Child Care Centers

Activities to support



Grouped by Age:

0-18 months, 18-36 months, 3-5 years



We hope this tool will be useful for those times when teachers just need a quick and new activity to present. We've aimed to make it appropriate for using during circle time, rainy days, stretch breaks, and anytime you need to get little bodies moving and brains thinking!

**The activities are arranged by age group:**

- **0-18 months: Activities geared towards infants**
- **18-36 months: Activities geared towards toddlers**
- **3-5 years: Activities geared towards preschoolers**

We've started you off with some activities, collected and adapted from various sources, but would love to get YOUR contributions.

You know best what works, so please let us highlight your ideas.  
Email us at [HealthySRQ@flhealth.gov](mailto:HealthySRQ@flhealth.gov)

Visit us at [www.healthysarasota.com](http://www.healthysarasota.com) to find out more.

This activity ring was adapted from Maine's Let's Go initiative.  
We appreciate their willingness to share their good work!  
(And we encourage you to check out their website:  
[www.letsgo.org](http://www.letsgo.org))

## Activities for 0-18 month babies

### **Shake It Up!**

Pull out all your shakers and get those babies moving to this great rhyme!

**Shake, Shake, Wiggle, Wobble, Quake**  
**Shake it up, shake it down,**  
**Shake it round and round and round!**

#### Some great things to shake:

- Egg-shaped shakers
- Tambourines
- Rattles
- Jars with dried beans, popcorn, or rice, tightly closed and taped shut
- Maracas
- Rain sticks

Activity adapted from "Physical Play Every Day!" NHDHHS  
(as adapted from Hofstra University's  
"Parent's Guide to Physical Play")

## Activities for 0-18 month babies

### **Bubble Burst**

With babies in seats, or infants seated on the floor, blow bubbles within reaching distance and model how to pop the bubbles for them — see how many pops and grins you get!

Recite this verse while blowing:

**Pretty bubble in the sky,  
Pop each one as it floats by!**

Try coming up with your own verses! Example:

**Pretty bubbles see them flow,  
can you touch them with your toe?**

Activity adapted from "Physical Play Every Day!" NHDHHS  
(as adapted from Hofstra University's  
"Parent's Guide to Physical Play")

## Activities for 0-18 month babies

### **Row, Row, Row Your Boat**

While sitting on the floor, place child between your legs so that both of you are facing forward. Hold an empty paper tube in front of the child's arms so that you are both holding it. Gently reach forward and back in a rowing motion while reciting the following rhyme:

**Row, row, row your boat.  
Down the river watch us float.  
Pushing and pulling on our oar.  
Sitting together on the floor.**

What other things could you row?  
Perhaps you could ride, ride, ride your trike...?

Activity adapted from "Physical Play Every Day!" NHDHHS  
(as adapted from Hofstra University's  
"Parent's Guide to Physical Play")

Activities for 0-18 month babies

## **Literacy & Movement Together!**

Using books and music together with this age group often makes story time more fun and productive!

Pick a book or two that involve body parts, dancing, or are made up of words to a well-loved song. Put on the song or music. While reading the book, perform the “actions” yourself, with a stuffed animal, or with a child in your arms. See if you get some “mirrored” movements.

### **Some great ideas for books to use:**

- *If You're Happy and You Know It* by Jane Cabrera
- *Knees and Toes* by Scholastic Inc.
- *Wheels on the Bus* by Michelle Swan
- *Ten Little Fingers* by Annie Kubler
- *Little Yoga: A Toddlers First Book of Yoga* by Rebecca Whitford & Martina Selway

Activity inspired by Raising Readers:  
A Family Health and Literacy Program  
for Maine Children Ages Birth to 5

## Activities for 0-18 month babies

### **Let's See... I'll Be... ?**

This game is WIDE open to use your imagination!  
Make up anything you think a child could pretend to be and shout it out!

- A tree, moving in the breeze
- The sun rising and setting
- A cat arching its back
- A kangaroo jumping around
- A train chugging along a track
- A plane flying through the air
- A lion creeping along the jungle floor

Come up with your own ideas!  
Kids often have great suggestions that  
you'd never think of in a million years!

Activity adapted from "Physical Play Every Day!" NHDHHS  
(as adapted from Hofstra University's  
"Parent's Guide to Physical Play")

Activities for 0-18 month babies

## **See What I Can Do (Follow-the-Leader Walk)**

Take a walk, indoors or out, and designate a “leader.” Let the leader take you on a winding walk around and over and under obstacles. Everyone else try to follow along.

Recite the following rhyme:

**Follow me as we go,**

**Up and over,**

**High then low.**

**Now I'll follow wherever you go,**

**Moving fast or**

**Moving slow.**

Switch off leaders and go on a new journey!

Activity adapted from  
“Physical Play Every Day!” NHDHHS  
(as adapted from Hofstra University’s  
“Parent’s Guide to Physical Play”)



## Activities for 18-36 month toddlers

### Super Kids!

Jumping is a great way to have fun and move your body. While holding onto the child's hand for safety, pretend you're jumping tall buildings in a single bound by jumping on or off of a sturdy box, curb, step, or platform. What else can you pretend to jump over?

- A sprinkler — feel the water splash.
- A shark in the water — watch out for his teeth!
- A fairy or gnome house — don't step on your forest friends!
- You choose!

**“We'll leap tall buildings with a single bound.  
Landing firmly on the ground.  
Super kids can jump this way,  
because they practice every day.”**

Activity adapted from “Physical Play Every Day!” NHDHHS  
(as adapted from Hofstra University's  
“Parent's Guide to Physical Play”)

Activities for 18-36 month toddlers

## **Fitness Chant**

Design a balance trail by using masking or duct tape to create pathways on your carpet (make sure you have permission).

Ask the children to walk, stomp, or hop along the trail.

Recite the following chant as they go:

**“Watch each step as you follow the trail.**

**Begin moving slowly like a snail.**

**Raise your arms out from your side.**

**It helps your balance if you hold them wide!”**

### **TIP:**

Think of other activities that can center on the tape trail you’ve made. Kids love to drive cars and trucks along a line— maybe they can pretend they’re trucks, cars, or buses themselves!

Activity adapted from “March Family Literacy Ideas”  
Families READ—A Maine Family Literacy Lighthouse Project  
Sanford Community Adult Education

Activities for 18-36 month toddlers

## **Read, Run, and Race About!**

Pick out a few favorites from your classroom, the library or have children bring in their own books. Make sure you get some with lots of action! Read the book aloud and encourage the children to act out the actions and expressions of the characters. Some ideas for great children's book characters to act out:

- *Maisy*
- *Curious George*
- *Skippyjon Jones*
- *Elmo*
- *The Cat in the Hat*

Activity adapted from "Physical Play Every Day!"  
NHDHHS (as adapted from Hofstra University's  
"Parent's Guide to Physical Play")

Activities for 18-36 month toddlers

## **Bodies in Motion**

This is a great thing to do whenever the kids need to move their bodies! Let the children know that you will be asking each of them separately to move a body part (and then you can mix it up at the end and get them all to do it!).

Say out loud:

**Our bodies are made of special parts.**

**Wave your arms (child's name)!**

**Shake a leg (child's name)!**

**Nod your head (child's name)!**

**Touch your chest to feel your heart, (child's name)!**

**Stamp your feet (child's name)!**

**Snap your fingers (child's name)!**

**Rub your belly (child's name)!**

**Wiggle your toes (child's name)!**

**Now, everyone, stand very tall  
and touch your nose!**

Activity adapted from "Physical Play Every Day!"  
NHDHHS (as adapted from Hofstra University's  
"Parent's Guide to Physical Play")

## Activities for 18-36 month toddlers

### Picking Oranges

1. Walk in place to the imaginary orange grove.
2. Wave to the farmers as you go by.
3. Pretend you're climbing a ladder — knees up high!
4. Stretch arms to the tallest branches where the yummiest oranges hide.
5. Reach high and pick those oranges.
6. Reach low and put them in your basket.
7. Repeat until basket is "full."
8. Pretend you're carrying the heavy basket full of oranges back to the farm house.
9. Sit down and "eat" an orange to help you reach your five-a-day!

Activity adapted from "Take Time: Physical Activity Program"

Activities for 3-5 year old preschoolers

## Indoor Obstacle Course

Collect some “obstacles” from items in the classroom, like pillows, chairs, stuffed animals, pots and pans, blocks.

Set items up around the room to create your course.

Have rules for each item, such as “hop on one foot around the chair” or “walk backwards six steps with the pillow balanced on your head” or “play a song using a wooden spoon and pot.”

Make sure that everyone gets a turn and start over with new items and rules if it’s a big hit! Adding music always makes it more fun!

### TIP:

Ask the children for suggestions; they’ll be sure to have some great (and potentially goofy) ideas!

Activity adapted from King County Overweight Prevention Initiative’s “LIVE OUTSIDE THE BOX” Toolkit

## Activities for 3-5 year old preschoolers

### Have a Seat

1. Grab a chair and place it in front of you.
2. Now sit, then stand, then sit, then stand.
3. Repeat 5 or 6 times.
4. This round sit half-way down, stand, sit halfway down and hold for 10 seconds, stand.
5. Repeat 5 or 6 times.
6. This time sit, then raise your bottom two inches off the seat and stay that way for 10 seconds, then stand.
7. Repeat 5 or 6 times.
8. For this last round, do a quick “barely-sit” and then stand. Repeat 10 or 12 times.
9. Now have a seat and think about how physical activity makes you stronger!

Activity adapted from  
“Take Time: Physical Activity Program”

## Activities for 3-5 year old preschoolers

### **(Pretend You're A) Tree Pose**

1. Pretend your body is the trunk of a strong tree.
2. Now stand up straight and balance on one foot.
3. Place your other foot on the inside of your balanced leg. (Your knee should be pointing to the side and your heel pointing up your leg. Leave your toes on the ground if you need to for balance.)
4. Bring your hands together in front of you. These are the branches!
5. Raise them above your head and be a proud tree. Keep this pose for as long as you can, maybe even 30 seconds.
6. Switch legs and start over.

Activity adapted from Kerra Cartwright, First Grade Teacher,  
Young Elementary School, Saco, 2008



Activities for 3-5 year old preschoolers

## **Blast Off: Homemade Soda**

Try this easy recipe for homemade lemon-lime soda with your class. It's easy enough that the children can take turns measuring the ingredients into their own cup. Mix together all of the following ingredients in a tall glass or cup and enjoy a healthy and tasty alternative to soda.

**3 tablespoons 100% apple juice concentrate**

**1 tablespoon fresh squeezed lemon juice**

**1 tablespoon fresh squeezed lime juice**

**3 ice cubes or 1/8 cup crushed ice**

**1 cup (8 ounces) seltzer water or club soda**

Pop in a colorful straw and pretend you're on the beach relaxing with your healthy drink!

Activity adapted from H.E.A.T. Club Curriculum  
as adapted from PRETEND SOUP by Mollie Katzen

Activities for 3-5 year old preschoolers

## **High Knee Run/March**

Run or march in place, lifting your knees  
in front of you as high as you can.

These activity breaks came from Kerra Cartwright, First Grade teacher,  
Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)

Activities for 3-5 year old preschoolers

## Wood Chopper

Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes looking straight ahead the entire time.

These activity breaks came from Kerra Cartwright, First Grade teacher,  
Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)

Activities for 3-5 year old preschoolers

## Chair Pose

Feet together. Legs together. Keeping your knees together, sit back like you were sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

These activity breaks came from Kerra Cartwright, First Grade teacher, Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)

Activities for 3-5 year old preschoolers

## **Skate in Place**

Pretend to ice skate in place as you hop side to side bringing your heel behind you as high as you can. Swing your arms side to side. You can do this without hopping by stepping side to side.

These activity breaks came from Kerra Cartwright, First Grade teacher,  
Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)

Activities for 3-5 year old preschoolers

## **Squeeze the Ball**

Place a ball between your hands, elbows pointing out to the side.  
Squeeze your palms in towards the ball.  
Feel your arms working hard!

These activity breaks came from Kerra Cartwright, First Grade teacher,  
Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)

Activities for 3-5 year old preschoolers

## Frog Hoops

Hop like a frog in and out of a hula hoop. Pick your knees up high!  
Hop around the hula hoop then reverse and hop the other way.  
Hop to music. Stop the music and say freeze!

These activity breaks came from Kerra Cartwright, First Grade teacher,  
Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)

Activities for 3-5 year old preschoolers

## **Hands to Knees**

Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand nice and tall to help your abdominal muscles get strong!

These activity breaks came from Kerra Cartwright, First Grade teacher,  
Young Elementary School, Saco, 2008 (Let's Go! 5210 Maine)





# Make



# Your Goal

**EVERY DAY!**

[healthysarasota.com](http://healthysarasota.com)