

Active Play for Preschoolers

Physical activity is essential for normal growth and development. Preschoolers need at least 90–120 minutes of moderate to vigorous physical activity throughout the day. Preschoolers need both structured and unstructured (creative play) activities. Here are a few simple tips to engage children in active play throughout the day.

Structured Play

Make it fun

- Turn on music and dance with children while you clean the house or cook.
- Have children march or gallop while they put away toys.
- Play games, such as duck-duck-goose, hide and seek, follow the leader, and Simon says.



- Turn on music and play freeze dance.
- Blow up a beach ball and have children walk while tossing the ball back and forth to each other.
- Make up games such as swaying like a tree as you take a walk.



Creative Play

Allow children to use their imagination to incorporate movement as they play

- Allow children to move around from one spot to another using a different movement like hopping, jumping, or skipping.
- Let children create an obstacle course with household objects like boxes, hula hoops, or pool noodles and run around them, crawl through them, or jump over them.
- Have children throw or kick balls to each other creating various patterns.



Additional Tips

- Allow for quiet periods of play such as doing a puzzle or reading a book.
- Schedule naps or rest as needed.
- Drink water before and after activities.
- Participate in physical activity with your children to show that activity is important.

Try this healthy snack on a hot summer day.
Frozen grapes will pop in your mouth!

Grapesicles

SOURCE

Keep the Beat Recipes: Deliciously Healthy Family Meals

National Heart, Lung, and Blood Institute

Servings: 8

INGREDIENTS

- 48 green seedless grapes, rinsed, cut in half
- 48 red seedless grapes, rinsed, cut in half
- 16 6-inch wooden or plastic skewers
- Children can help by rinsing the grapes, freezing them, and threading the skewers.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under 4 years old to prevent choking.



PREPARATION

1. Thread six grapes onto each skewer, cut into 12 halves, alternating grape colors.
2. Place skewers into the freezer for 30 minutes, or until frozen.
3. Serve immediately.

Prep time: 5 minutes

Freeze time: 30 minutes

Serving size: 2 skewers



This institution is an equal opportunity provider.

