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| **Action Songs**Sing together or find recordings of songs that have kids moving their bodies in different ways. Hokey Pokey, Shake My Sillies Out, I’m A Little Teapot, and Zoom, Zoom, Zoom are all examples of fun ways to get kids moving and shaking to sing along songs.**Skills developed:** agility |
| **Colour Run**On a driveway or garden, colour four areas (draw circles or squares) with different colours of chalk. Call out a colour and have your child run to that coloured area. Continue to call out different colours in varying order.**Skills developed:** running |
| **Limbo**How low can you go? A fun game indoors or out, use your imagination when it comes to using objects under which your child must go under without their hands touching the floor. Objects could include a pool noodle, a broom, or a rope.**Skills developed:** balancing |
| **Hide and Seek**Kids can hide either themselves or objects such as their stuffed animals in this favourite game played by kids around the world.**Skills developed:** agility |

