



HELLO PARENTS,

Physical activity is an important part of your child's everyday play and learning which benefits their bodily and mental well-being. When children do physical activity with you or other people, it can be a great way for them not only to promote gross motor development, but also to build relationships with their family and community. They will develop their sense of belonging, be confident, concentrate better at school, get along with others and make friends easily. In this newsletter, we provide you with simple indoor physical activities that you can do with your child to encourage and support their physical and mental development.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

LET'S GO CYCLING

DIRECTIONS:

- Place your child lying on their back.
- Pretend that your child is riding a bike by gently grasping their ankles, keeping legs apart and moving them in slow circles.
- Tell your child what you are doing using simple language: "go" and "stop."
- This activity helps your child develop gross motor and hearing skills.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

MUSICAL HIDE AND SEEK

MATERIALS:

- Phone

DIRECTIONS:

- Invite your child to play hide and seek with the phone.
- Ask your child what music they would like to hear while looking for the phone.
- Ask your child to close their eyes.
- Play the music from the phone and hide it from your child.
- Encourage your child to search and figure out where the music is coming from.
- Take turns hiding and seeking the phone.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

CATCH THE FEATHERS

MATERIALS:

- Feathers
- Container

DIRECTIONS:

- Find an open area and invite your child to play the catching feather game.
- Toss the feathers into the air.
- Encourage your child to catch the feathers with their hands or in the container before the feathers reach the ground.
- Count how many feathers they have caught.
- To make this game more challenging, give a feather to your child and ask them to try to keep it in the air by blowing on it.
- Take turns tossing the feather.

[Click here](#) for more indoor activities.

JK/SK (4 – 6 YEARS)

DISCOVER SHAPES THROUGH MOVEMENTS

MATERIALS:

- Tape
- Paper
- Pen
- Container

DIRECTIONS:

- Talk to your child about the different movements that they would like to do. For example: hop, run, crawl etc.
- Cut the paper into small pieces and write the different movements on each piece of paper.
- Put the pieces of paper into the container.
- Make shapes using the tape on the floor.
- Pick one movement from the container and call it out. For example, "hop".
- Have your child choose one of the shapes on the floor, name it and move to it using the movement being called. For example, "Hop to the square".
- Take turns playing this game.
- You can also tape letters or numbers on the floor and play this game.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

FITNESS BINGO

MATERIALS:

- Markers
- Paper
- Jar

DIRECTIONS:

- Gather your friends and family (minimum 3) and decide what exercise you would like to do.
- Write the exercise on a piece of paper. For example: push-ups, jumping jacks, mountain-climbers, jumping rope, running in place, etc.
- Make or print Bingo-style sheets with the exercises in the boxes.
- Cut small squares of paper and write the exercise. For example, 10 jumping jacks.
- Put the pieces of paper into a jar.
- Choose a player to be the caller who will read aloud the exercises on the paper.
- Provide each player with a "Fitness Bingo" sheet and a marker.
- The caller picks a paper from the jar and reads out the exercise such as "10 push-ups." Everyone with the exercise on their bingo sheet will do the "push-up", and then cross this exercise off on their Bingo sheet.
- The first person to get a vertical, diagonal, or horizontal line will call out "FITNESS BINGO." This player wins the game and becomes the next caller.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Encourage your child to be physically active for 60 minutes or more every day.
- Set a positive example by leading an active lifestyle yourself.
- Give your child equipment that encourages physical activity.
- Make indoor exercise and movement fun.
- Limit "screen time".