



Active Activity Guide



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CRAWLING THROUGH TUNNELS

Crawling through tunnels is so much fun and a simple way for your child to stay active indoors. What to do, when you don't have a tunnel at home? Build one! For example with a baby mattress, blankets and chairs, bench or a box. Add some small balls and your indoor playground is set up!



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HOPSCOTCH

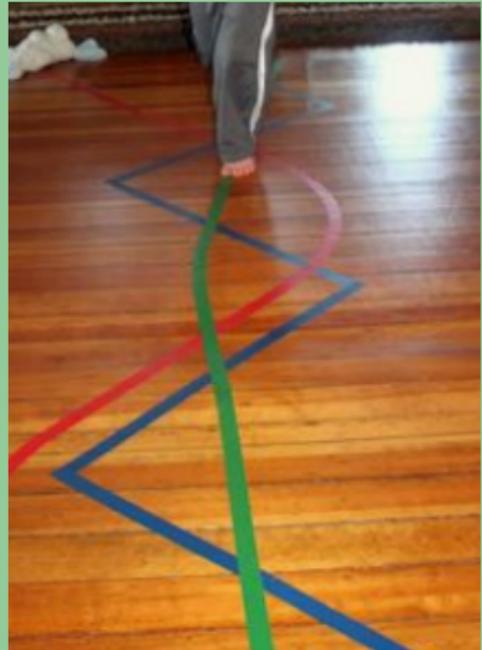
Get your little one active with a classic game of hopscotch. Create this simple game with sidewalk chalk and encourage your child to jump through the numbers. Using coloured chalk, draw an obstacle course and include words showing a variety of actions such as jumping jacks, twirl, spin and leap frog through the maze.



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COLOURED TAPE FUN

Tape some fun lines on the floor in three different colours. Create patterns with the tape, including zig zags, curvy and straight lines for your child to walk, hop and jump along. Play Simon Says through the taped lines or challenge your child to drive trucks and assist their stuffy through.



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RAINBOW TOY HUNT

Create a hunt for toys in the colors of the rainbow. Draw a rainbow on a piece of paper and set your child on a hunt around the house to fill in the rainbow outline. Encourage counting the items after the picture is filled in.



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BALLOON GAMES

Tie a string on a balloon and hang it from the ceiling. Encourage your little one to jump and hit the balloon. Lower it to waist level and invite your child to practice kicking. Float a balloon in the air and play 'keep up' through the house trying to prevent it from landing on the floor.



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HOP ON ABC'S

Create a simple jumping game by laying out ABC flashcards or ABC letters written out on post it notes. Spread around an open area in your home and encourage your child to hop through the alphabet. Call out letters and encourage your child to race to that letter or another idea is to play 'musical letters' by playing music and when it stops, have your child hop on that letter.



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ANIMAL WALKS

Animals walks are a great way to help your child be physically active indoors.

Encourage your child to walk around the house like different animals. Bear, snake, crab, bird, dinosaur or kangaroo will keep your child moving, acting silly and using their imagination.



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BEAN BAG TOSS

Lay out a set of hula hoops in a line with a bucket at the end. If you have a few that are varied in size lay them out largest to smallest and place a bucket at the end. Provide your child with a bean bag to toss inside the hoops or get the 'bulls eye bucket'. Mark point values in the hoops with sidewalk chalk. Have your child count how many points they collect.



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PILLOW & BUCKET FUN

Scatter pillows across the floor and let your child jump from pillow to pillow.

Encourage them to try running from pillow to pillow, jumping with two feet, or jumping with one foot, etc. You could also call out specific colours of pillows for your little one to jump towards. Encourage your child to throw the assorted pillows into the large bucket from a variety of distances.



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