



B.C. First Nations Head Start Get Moving Indoors

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If cold or rainy weather makes it harder to go outside for exercise, make sure you still include movement indoors. These fun ideas are adapted from submissions at:

www.perpetualpreschool.com/movement

Sock Ball. Roll old socks into balls. Children like to practice throwing them in a basket.

Obstacle Course. Some ideas: footprints stuck to the floor for children to follow, a large box to climb in, a tunnel to crawl through, large pillows to crawl over, hula hoops to step in, a taped line on the floor to balance on, etc.

Musical Hugs. Dance to lively music. When the music pauses, find a partner (or several partners!) to hug. Turn the music back on, then dance again, until the next pause in the music. Very fun!

Go To Sleep/Wake Up. Shaking a shaker gently sing: "Go To Sleep. Put on your pajamas. Get under the covers. Good night." Then keeping a lively beat on two rhythm sticks, chant: "I'm gonna jump with my toes, jump with my feet, jump with my nose, jump with knees, jump with my bones, jump with my feet, jump with my heart, beat, beat beat!" Then switch to the shaker and start again. The children pretend to sleep, then jump.

No-one Left-Out Musical Chairs. No child likes getting left out. This variation is also a literacy activity for name recognition. Set up chairs, but fix each child's name card on a chair so they can see it. Start the music with the children moving around the chairs. When it stops they must find the chair with their name on it. Move the names each turn (you may need a helper to do this speedily). For beginners add an individual sticker on the name card to aid recognition.

No-one Left-Out Musical Hula Hoops. Place several hula hoops around the area (one out for every 3 - 4 children). Explain to children that they will walk around the hula hoops. When the music stops, they all need to be in a hula hoop and there can be more than one child in a hoop. Each time you stop the music, have them start walking around them again—but remove

one hoop. Continue until there is only one hoop left. The children will all work together to make sure all of their friends get in the hoop when the music stops.

Sleeping Animals. Have all the children crouch down and lay their heads on the floor. Then sing: "Sleeping, Sleeping, all of the children are sleeping—but when they woke up, they were...(an animal, a dog for instance)!" Then all the children get up and pretend to be dogs. As soon as they are getting a little out of control, start over and change the animal. They go from pretending to be the animal to a resting position.

Rhythm Stick Walking. All you need are a bell and a set of rhythm sticks for a fun movement activity on a rainy/snowy day! "Click" a slow beat on the sticks. Call this "walking music." Then "click" out a faster beat with the sticks. Call this "jogging music." Now, ask the children to listen to the sticks' rhythm. When they hear the "walking music," they should walk around the room. When they hear the "jogging music," jog. Now ring the bell. This means "stop and drop." Have fun with the slow and fast beats of the sticks and children will enjoy a great physical and auditory workout!