



Movement Moments

CHEAT SHEET



Quick and fun gross motor activities for children under 5!
Add more movement into your child's day with these simple,
play-based activities. No fancy equipment needed!



Bear walks across
the hallway



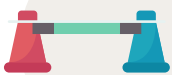
Play "Statues" or
"Simon Says" -
Active Edition



Dance to one song
after breakfast



Kick or roll a ball in
the backyard



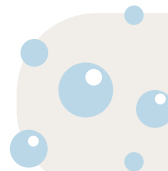
Make a simple
indoor obstacle
course



Pretend to be
animals



Jump over soft
cushions like
"islands"



Reach and stretch
for bubbles



Balance on a
rolled up towel
or low beam



Yoga for kids: tree
pose, downward
dog, or just stretch!