

10 SIMPLE ACTIVITIES TO PROMOTE PLAY

OUTSIDE

- 1 **Hop, skip, and jump!** Set a timer and let your child do a combination of these activities for 10 minutes in the driveway, yard, or park.
- 2 **Visit the playground as often as possible.** Climbing, jumping, running, and swinging are all amazing activities for muscle development.
- 3 **Toss a ball back and forth.** Classic activities never go out of style with kids, and it's a great way to develop focusing skills and hand-eye coordination!
- 4 **Provide sidewalk chalk for art, games, and hopscotch.** Hopscotch uses balance, coordination, and hopping.
- 5 **Cool off with water play.** You don't need a pool to have a blast with water! Children love simple activities like running through the sprinkler and having fun with containers of water.

INSIDE

- 6 **Have a dance party!**
- 7 **Walk across a balance beam.** You can make one using string or tape.
- 8 **Jumping Jacks and windmills.** Counting while your child jumps also helps with math skills.
- 9 **Play pretend or charades.** Have your child waddle like a duck, fly like an airplane, and hop like a rabbit.
- 10 **Make (or have your child make) a simple obstacle course outside or inside with materials you already have:** cardboard boxes, pillows, containers, and other everyday items.

Did you know that playtime and school readiness go hand in hand? There's a reason children have boundless energy and are wired to move. Science shows that for a child's brain to fully mature, it needs stimulation through movement and sensory experiences.

The good news is that children love to play! They don't know they're building a healthy brain and body; they're just doing what comes naturally.

Learn more at SCFirstSteps.org

