

Move More, Sit Less, Play



Active Play Ideas



At Home



Build a den



Dance to music



Help lay the table



Sing with actions



Play catch with a
bean bag



Build a train track



Make a course for
toy cars



Hide something
'red' to find



Wash and dry dolls
clothes



Hide and seek



Keep a balloon in
the air



Make shapes with
play dough

In The Garden



Build an obstacle course



Hide and find clothes
pegs



Help water plants



Play with a ball



Chalk drawing on
the patio



Chase and pop bubbles

Out And About



Scoot



Go for a walk/
walk the dog



Nature hunt



Go to the park



Go to the play area



Splash in puddles