childhood games
old children like
mes with others.
- Simon Says
- Ring around the Rosie
- I Spy
- Jump the River
rosie
and dance around
ging. Fall down
Ring around the rosie,
Pocket full of posies.
Upstairs, downstairs,
We all fall down.
an object in the house.
the object, touches the
ack.
or blanket on the
river. Have your child
over the river" without
how to swing his arms
g and to land softly
without falling over.
can you jump?
can you jump?
any times in
an you jump?
ly exercise time
utes each day exercising.
will like to copy what you
ing a healthy habit for life.
ill be
laying
ildren.
play together
grow together
play inside
...have fun on cold or rainy days
create a play room
Clear out an area in your home where your child can ride small bikes, push toys, pull wagons and dance. This could be a room, part of a room, garage or basement.
collect a variety of toys
Go to thrift sales and garage sales with your child. Collect toys that let your child use his imagination. Push and pull toys are great finds - toy shopping cart, poppers, bikes and wagons.
build a "play house"
Drape blankets on chairs, large boxes and other furniture. Put pillows and stuffed animals inside the play house.
Make a tunnel by lining up the kitchen chairs and throwing a blanket over them. Children love to crawl and tumble around.
roll around the house
- roll in a straight line
- roll in a curvy line
- roll around the chairs or couch
- roll like a log
create a play
Read one of your child's favorite stories. Act out the story with your child. It's fun to pretend.
free play
Make time for your child to play. Your child will be able to relax and use his imagination playing with his toys.
Help your child develop good sleeping habits with a scheduled nap and bedtime.