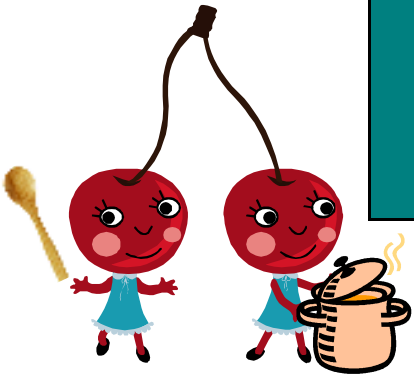


# Game On!

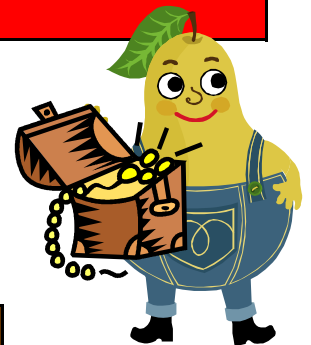
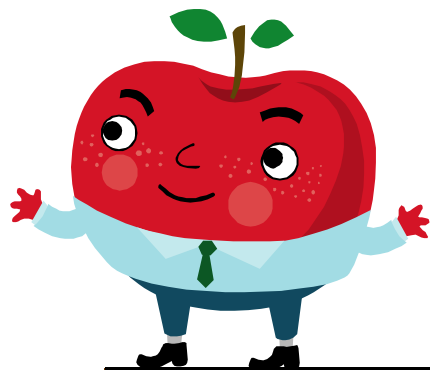


## New Year's Parade

Banging pots and pans is an old world tradition to welcome in the New Year. Take it up a notch this year by allowing your toddler or preschooler to clang their pan parade-style all round the house, yard, or even block as you walk with them and bang yours too! Kids get so excited about being encouraged and allowed to make noise that they will put a lot of energy into it!

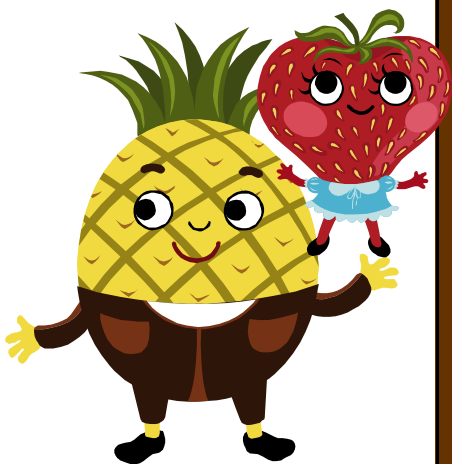
## Treasure Hunt

Make a family walk more meaningful by helping your child prepare. First, tell them you are going on a treasure hunt, and explain that they will have to keep their eyes peeled for "treasure." Provide them with a tiny bucket or bag to collect treasures in. Once are out tramping through nature your child will spy treasures of all sorts, but often they might not know if they should pick them up. Engage them in dialogue and decision making. Have them evaluate the beauty, shine, texture, weight of the objects they come across. Let them decide what to carry and what to discard.



## Frozen & Melting Statues

Get your kids hopping and bopping, but tell them when you blow a whistle or turn off the music they have to freeze. Show them some pictures of statues and ice sculptures so they get the idea of posing. After the kids stay frozen for a few seconds, tell them to melt. They should do this slowly, maybe begin by wiggling toes or fingers and then imagining their arms and legs slowly being able to bend again. In seconds everyone should be powered up to high energy movement, so you can call freeze again!



# More Active Games That Are Easy to Play at Home



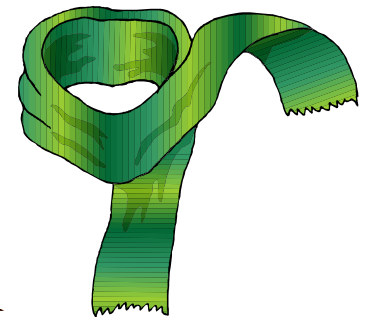
## RAINBOW SCARF RELAY

The big idea behind this game is to run for fun. Tie colored scarves all over your fenced yard, or all throughout your house if it is a rainy day. Then exclaim, "Run to the red scarf" the first one to tag the scarf gets to shout the next color everyone must run to. Continue until every color of scarf has been named and tagged. Your child will be practicing color recognition, as well as gross motor skills by changing directions and running.



## HOP, SKIP, & A CRAWL AWAY

Start by selecting a surprise (one of your child's favorite toys in a paper sack or cloth grocery bag.) Then use painters tape to divide a large room into three even parts. Have your child line up against one wall, then hop to the first line. Once they pass the first line they should begin to skip to the second line. At the second line they must crawl to the opposite wall where the veiled surprise waits. After discovering the surprise they must carry it back to their point of origin doing each activity again.

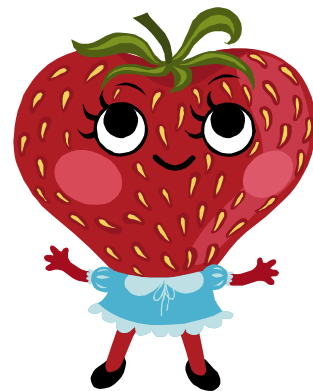


## BALLOON TAG

Multiple children have a blast with this game! The child who is "it" throws a regular balloon in the air. Before the balloon touches the ground, he or she must tag another child to be "it." If the balloon touches down first, no biggie, just toss it high again!

"The key to physical activity in early childhood is enjoyment. For adults, success might be defined in terms of an extra lap run around the track, an extra ten pounds lifted, or getting through an extra 15 minutes of aerobics. For a preschooler, success in any activity is simply a matter of how much fun it is!"

**Rae Pica, *Early Childhood News***

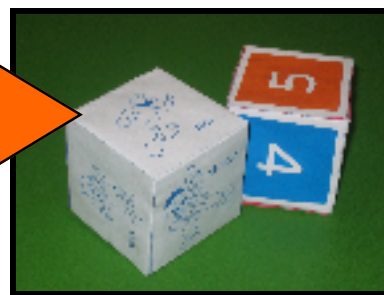


### LAZY LAUNDRY RELAY

When dirty clothes start to pile up on my floor, Mom helps me have fun picking them up by turning it into a game. She gets out her whistle and stop watch and sets up the laundry basket in the middle of the living room. When she blows her whistle, I run back and forth to my room as fast as I can bringing 1 piece of clothing with me to put in the basket each time. At the end of the game I get to find out if I beat my old score on the stop watch! After we play this game, I help Mom sort my laundry by color, putting all the reds, yellows, and oranges in one pile and all the blues, greens and brown in another!

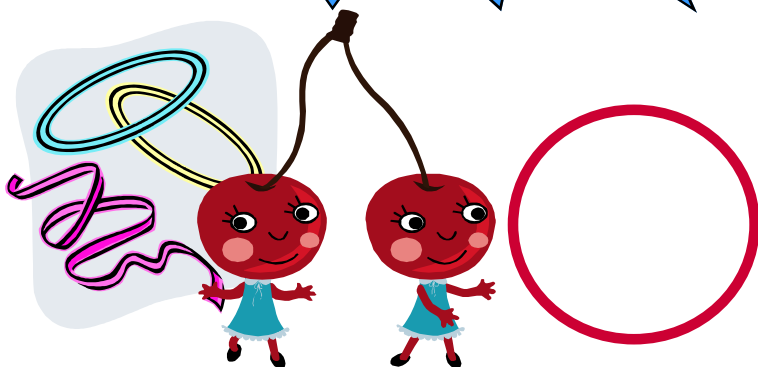
### SESAME STREET MOVE & GROOVE DICE

Make your own dice game, or check out other activity suggestions from WIC's healthy habits pack for parents . Just visit [www.sesameworkshop.org/initiatives/health/healthyhabits](http://www.sesameworkshop.org/initiatives/health/healthyhabits) and click to download the caregiver guide on the right side of the page. Roll an activity and do it 1-6 times as the die indicates!



### ANIMAL ACTIVITY HOUR

I love to pretend, and one of my favorites to pretend to be is an animal. My Dad and I line up on opposite sides of the room and my Mom calls out animals. My Dad and I act like the animals and try to get to the center of the room first. My Dad always wins when it is a lion, but I like to hop, hop, hop like a kangaroo, so I win then!



# Christmas Games—the More the Merrier!



## SANTA, SANTA, REINDEER

Think Duck, Duck, Goose with a holiday difference! You can even make it more fun by allowing the tagged "reindeer" to sit in the "barn" instead of mush pot with antlers on his or her head!

## JINGLE BELL JANGLE

Hold the sides of a parachute or a small blanket, and throw silver bells in the center. Allow children to manipulate the chute by jumping, twisting, and waving. Sing songs or dance to the sounds

## BIG TREE, LITTLE TREE

Teach your child about sizes, stretching, and shapes this season! Call out "Big Tree", then stand straight with your feet together and hands making a point overhead. Squat to make a medium tree, hands still pointed overhead. Lastly, sit down with legs crossed and point your hands. Next allow your child to call the sizes. See how fast you can change from one to another!

