

Kids – ‘Go for your life’

Fun activities
for children...

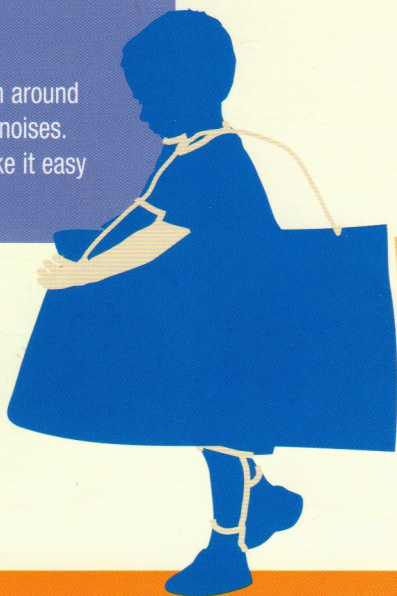
18 months – 2 years

Running

Car Races

Equipment: Medium cardboard boxes with straps (thick rope or long ribbon), markers (empty icecream containers) to set out a course

- Encourage the child to run around on the ‘track’ making car noises. Change the course to make it easy or hard.

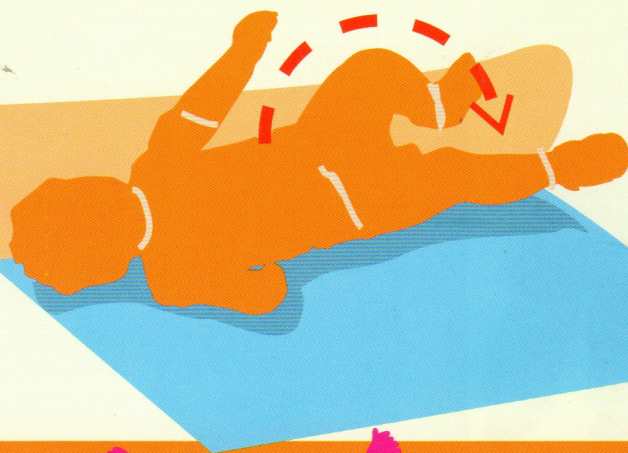


Rolling

Wedge Roll

Equipment: Gym mat, piece of foam (alternatives: thin mattress or folded blanket and one side of a couch cushion propped up on pillows)

- The child lies on the wedged section and rolls down onto the mattress/blanket.



Calming Activities

Simon Says

Equipment: Clear space on the floor

- Children follow the actions of the leader.
- The leader says ‘Simon says, raise your arms’ so the children raise their arms.
- Follow with more actions.
- Explain that the child must wait for the leader to say ‘Simon Says’ before following the action.



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Multi-Skills

Water Painting the Fence



Equipment: Bucket of water, thick paint brushes, dry wooden fence or concrete path

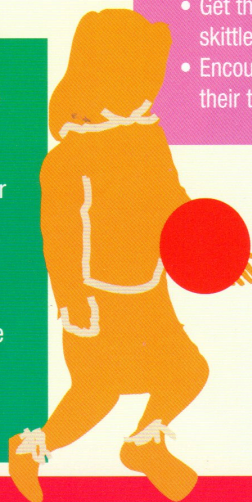
- Best done on a sunny day (wear hats and sunscreen).
- Encourage the children to paint the fence/path with big arm movements.
- Try to paint an area of the fence before the sun dries it. The children can be as creative as they want!

Ball Skills

Skittles

Equipment: Medium size ball, skittles (empty plastic bottles and cartons)

- Set up the skittles.
- Get the children to roll the ball and try and knock the skittles over.
- Encourage the children to pick the skittles up after their turn.



Running

Animal Run

Equipment: None

- Ask children to run around acting and sounding like animals e.g. a big elephant: slow and big steps; cat: small, quick steps, meowing; duck: waddling and quacking then flying with flapping arms.

