

Extra Energy

Primary Objectives

4. Demonstrates traveling skills

Why It's Important

Children have lots of energy, and they need opportunities to engage in vigorous physical activity. Regular outdoor play experiences promote physical development. Occasionally providing direction for your child's outdoor play encourages her to get the most from her outdoor experiences.

Materials

Outdoor play equipment (optional)

What You Do

1. Use outdoor play as an outlet for your child's extra energy.
2. Invite your child to play games such as "Follow the Leader" or "Simon Says." These types of games encourage her to move her body.
3. Supply her with objects to manipulate, such as playground or soccer balls. Have your child suggest various ways to use them.
4. As she plays, ask open-ended questions that encourage her to think of new ways to move.
How will you move to get across the monkey bars?
5. Take trips when possible to new outdoor locations to play. You can also encourage your child to try using outdoor equipment in new ways. *It looks like that jump rope is a snake wiggling behind you as you run.*
6. Encourage your child to use her imagination as she coordinates her movements around the outdoor space.