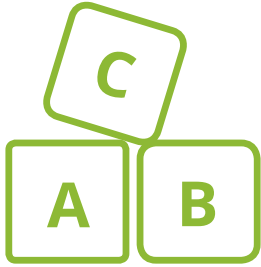


Suggested Activities for Toddlers (1-3 years)



Physical activity is an important part of childhood. Children need 60 minutes of exercise each day to stay healthy and grow at a healthy weight. For kids, exercise does not mean going to the gym or lifting weights, but just playing and being physically active. This can be during gym class, at recess, playing outside or any activity where their bodies are moving.

Below is a list of activities to enjoy with toddlers (1-3 years). Toddlers are naturally active, so it's easy to forget they need daily physical activity. The National Association of Sports and Physical Education (NASPE) recommends at least 30 minutes of structured physical activity (planned and adult-led) plus at least 60 minutes of unstructured physical activity (free play) per day for this age group. Caregivers should spend time with their toddler and allow them to run, climb, jump, build, clap, reach, march, dance, skip — anything that gets their body moving!

Suggested Activities for Toddlers

- ▶ Introduce active movement songs like “The Wheels on the Bus,” “Head, Shoulders, Knees and Toes,” etc.
- ▶ Dance party
- ▶ Play ball
- ▶ Follow the leader
- ▶ Act out a part of the child’s favorite book.
- ▶ Walk and move like different animals.



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