



5 Simple Ways to Sneak in Movement Everyday

1. Spinning Top – while your child is waiting for you to get breakfast ready, ask them to spin around in a circle 5 times in one direction. Stop and wait until they recover, then spin around 5 times in the opposite direction.
2. Log Rolling – have your child lay on the floor and roll from one end of the room to the other. Add an activity by putting puzzle pieces or dice to roll on one side of the room. Log roll there, gather the piece or roll the dice, then roll back to the puzzle or game.
3. Neck Rolls – while seated on the floor or in a chair, demonstrate to your child how to roll their head around in one direction 5 times. Repeat in the opposite direction. To make it easier for them, tell them to bring their ear to their neck, look down to the floor, then bring their other ear to their shoulder, then look up to the ceiling.
4. Down Dog – ask your child to assume a down dog yoga position (hands and feet on the floor with straight arms and legs) and hold it for as long as they can.
5. Over-Unders – if your child is able to keep their balance looking up at the ceiling and back down to the floor, then they can play over-unders. Standing behind your child, hold a toy (ball, stuffed animal) above their heads. Ask them to look up, take the toy, then pass it through their legs back to you. Make sure they use their eyes to look up and find the toy as well as look down through their legs to find your hands waiting to grab the toy.