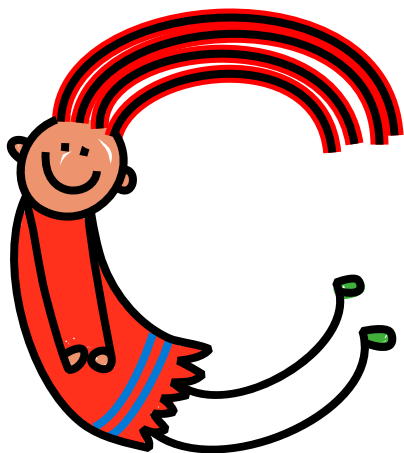


Get Physical

Keep children engaged when you have to wait



Let's pretend!

Flop your bodies like rag dolls.
Then be stiff like robots.



Time to play!

Fingerplays, clapping games,
and songs get hands moving.



Challenge time!

Make up challenges: "Stand on
one foot while I count to 10."



Snuggle up!

Sometimes hugging
is the best physical activity.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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