

BACKGROUND

- It can be difficult to play outdoors every day because of the weather. What can the children do indoors when it is very cold, raining heavily or on very hot days?

OBJECTIVE

- Find simple, pleasant activities to increase active play indoors.

INSTRUCTION

- Educators undertake to use the strategies described below with the available space and equipment.

SUGGESTED STRATEGIES

- Create a space in the middle or corner of the room where the children can play actively (e.g., temporarily move the tables and chairs out of the way to maximize space).
- Create an active daily routine. Include active time during your morning activity. For example, you can do toning exercises with the children (imitate a dog stretching, pedal your legs in the air, climb an imaginary ladder, sit and then stand up with arms above the head to touch the clouds, etc.).
- Prepare activities that you can do at any time. Make wait times, routines and transitions more active. For example, the children can walk like a crab on their way to the sink to wash their hands, hop on one leg around the table before sitting down to eat, etc.
- Avoid crowding the area where you are carrying out the activity.
- Use hallways and stairways safely.
- Include active play in your plan to develop a variety of motor skills (e.g., jumping, throwing, crawling, rolling).
- Use your imagination! You can transform any sedentary activity into active play (e.g., make a puzzle while stretched out on your stomach, sit under the tables to draw, paint a wall, draw while standing on one leg).
- You can be active too! Children learn a lot through imitation. When they see us moving, they want to move as well.
- The children can create an obstacle course indoors using objects in your environment.
- Dedicate one room to high-energy activities and another to more quiet activities.
- Dance to music.
- Give the children free time.
- Have fun while moving!
- Use an activity cube for ideas.
- Use several different strategies: Use gestures when reciting nursery rhymes, ask the children to act out the story you are telling, walk to the table on tiptoes, on their heels, using giant steps, backwards, etc.

ACTIVE PLAY IN A SMALL AREA

SIMPLE IDEAS FOR ACTIVE PLAY

TRANSITION
ACTIVITIES

- Move from place to place in different ways: on one foot, taking side steps, on all fours, hopping with feet together, following the lines on the floor, imitating an animal, at different speeds, etc.
- Include gestures when singing songs.
- Play "Simon Says."
- Give the children small challenges (e.g., pick up the toys on the floor and put them away as quickly as possible).
- During wait times: jump in place, stand on one leg, etc.

SANDBAGS

- Toss a sandbag into a bin or other type of container.
- Toss and catch a sandbag (individually or with another child).
- Hide several sandbags around the room and ask the children to find them.

Children love playing the same games over and over again, so you don't have to invent new ones every day!



HOOPS

- Make a train: The children stand in single file. Each child places a hoop around their waist. They must hold on to the hoop of the child in front of them.
- The children explore the hoops with their bodies. Ask the children to stand inside the hoop, outside the hoop, walk around the hoop, walk on the hoop, sit inside the hoop, jump inside the hoop, etc.
- Toss sandbags into a hoop.

SPONGES

- The children make sculptures using sponges (group activity).
- The children move around while balancing one or more sponges on their head, arms, back, while crawling on all fours, etc.
- Fill a bucket by wringing out sponges: Use one empty bucket and one filled with water. The children soak their sponges in the bucket filled with water and then wring them out in the other bucket, trying to fill it.
- Paint using sponges.
- Have snowball fights using sponges as snowballs and mats as shields. During the summer, the activity can be played outside using wet sponges.

SCARVES

- The children toss a scarf into the air and must sit down before, at the same time as or after the scarf falls to the ground.
- The children toss a scarf into the air and try to catch it using their head, back or another part of their body.
- The children make a tail with the scarf and try to catch another child's tail before someone catches theirs.
- Dance of the scarves: The children dance around as they toss their scarves into the air.