



## Make Being Active a Daily Routine

- \*Toddlers are naturally active so this is easy.
- \*Turn on a favorite song and dance away.
- \*Run around the house two times.
- \*Skip up and down the sidewalk.
- \*Walk backwards on the grass as far as you can.
- \*Hop until you can't hop any longer.
- \*Roll down a hill.
- \*Try to jump on one foot for as long as you can.
- \*See if you can jump, skip, and then hop.
- \*Throw a ball back and forth.
- \*Try to bounce a ball.
- \*Let your child tell you what you should do.