

Visuals for Indoor and Outdoor Activities
(Updated 3/20/20)

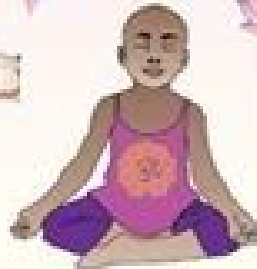
40 Quick and Easy **SENSORY BREAK IDEAS**

- Jumping Jacks
- Jumping on a mini or large outdoor trampoline
- Heavy work activities
- Crawling through tunnels or under objects
- Wall or chair Pushes
- Animal Crawls (can you crawl like a bear? crab? frogs? seals?)
- Ball Pass
- Ball Pits
- Reading in a bean bag chair
- Biking
- Climbing trees or on a jungle gym
- Use fidget toys
- Chewing toys or tools such as Chewable Jewelry
- Crashing mat
- Play with a parachute
- Popcorn jumps
- Wheelbarrow walking
- Obstacle course
- Passing weighted balls back and forth
- Scooter board activities
- Resistance bands
- Bouncing on a therapy or exercise ball
- Listening to upbeat OR calming music
- Swinging
- Going outside for a walk or hike
- Jumping jacks
- Skipping
- Running
- Bean bag squeezes
- Drinking water through a water bottle with a Bite Valve
- Chewing gum (all natural chewing gum option)
- Using a weighted blanket or vest
- Lifting light weights
- Yoga moves
- Swimming
- Tummy Time
- Headphones to block out unnecessary noise
- Roller blade or skating
- Visit the playground

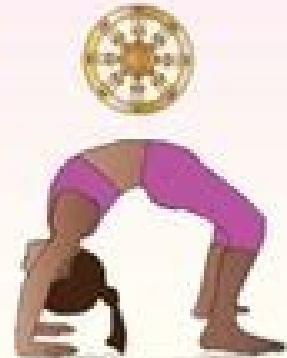
YOGA Kids



Gate Pose



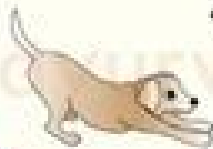
Lotus Pose



Wheel Pose



Down Dog



Bow Pose



Cobra Pose



Tiger Pose



Tree Pose



Locust Pose



Forward Stretch



Child's Pose

Circuit Workout for Kids



10 Jumping Jacks

15 Circles with the Hula Hoop

15-30 Seconds in Plank Position

Downward Facing Dog

Crab Walk

Run for 30-seconds

15 Circles with the Hula Hoop

Hop on One Foot

Hop on the Other

Run Up and Down Stairs

Pull-ups or Play on Monkey Bars



Printable Exercise Charts



WATCH ME MOVE

HEALTHY BODIES NEED EXERCISE!
TRY TO GET 60 MINUTES OF ACTIVITY EACH DAY TO MAKE
SURE THAT YOU ARE BEING GOOD TO YOUR BODY. WRITE IN
EACH SQUARE WHAT YOU DID AND MOST
OF ALL, HAVE FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MINUTESWITHME.COM

1

ONE FORWARD ROLL

2

TWO BACK STROKES

3

THREE SQUATS

4

FOUR BODY TWISTS

5

FIVE HOPS

6

SIX JUMPIN' JACKS

www.simplybeingmommy.com

Find these & more at minuteswithme.com!

Fitness Fun!

My Goal: Complete each exercise every day.

Mon Tue Wed Thur Fri Sat Sun

15 Jumping Jacks _____

15 Sit Ups _____

15 Squats _____

15 Lunges _____

15 Push Ups _____

15 Toe Touches _____

15 Leg Raises _____

15 Arm Circles _____

15 Knee Raises _____

Play Outside 30 min. _____



www.realadvicegal.com



Calm Down Strategies for Kids

 **Pathway 2 SUCCESS**



**Color or
draw**



**Think happy
thoughts**



**Take deep
breaths**



**Talk to
someone**



**Make a list
of choices**



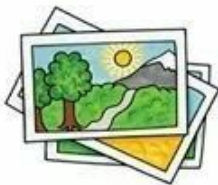
**Set the timer
and take a break**



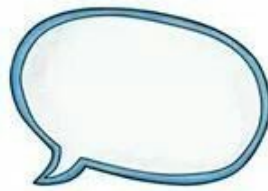
Read



**Think of a
pet**



Look at photos



**Use positive
self-talk**



**Take a walk or
exercise**



**Write in a
journal**

www.thepathway2success.com

Clipart by Kate Hadfield

NATURE SCAVENGER HUNT

☐

Flower

☐

Butterfly

☐

Water

☐

Grass

☐

Tree

☐

Green Leaf

☐

Spiderweb

☐

Brown Leaf

☐

Bug

☐

Ant

☐

Rocks

☐

Fern

☐

Bird

☐

Cloud

☐

Tree Bark

☐

Sand or Dirt



60 Bedtime Activities



to promote connection and fun

1. Pick each other's pajamas, and both parent and child put them on at the same time.
2. Have a tooth brushing party with everyone in the family complete with music and dancing.
3. Share 5 favorite things about your child with them.
4. Make up a bedtime story where someone in the family is the main character and kid has to guess which family member it is.
5. Wheelbarrow around (hold your child's ankle's and have them walk through their routine on their hands).
6. Play 'Simon Says' throughout bedtime routine.
7. Enforce a 'No talking only singing' rule.
8. Read a bedtime story in a silly voice.
9. Make up your own knock-knock jokes.
10. Communicate only through gestures and hand signals.
11. Pick the craziest pajamas possible.
12. Have the most serious bedtime ever. No laughing.
13. Play a board game with crazy backward rules.
14. Walk everywhere backward.
15. Try to put on your child's pajamas while they lay on the floor deadweight.
16. Swap roles and pretend to be each other (think Parent Trap)
17. How many stuffed animals can we fit in the bed challenge?
18. Everyone picks an animal to imitate through the routine.
19. Roleplay your favorite historical character through the routine.
20. Make a 'YouTube' video on how to have an epic bedtime routine.

[click through for full printable list!](#)

15 Games to Play Outside

- Red Rover
- Hide and Seek
- Tag (freeze, TV, cereal, cartoon, movie)
- Spotlight
- Mother, May I?
- Red-light, Green-light, Stop!
- Simon Says
- Colored Eggs
- Duck, Duck, Goose
- Kick Ball
- Dodge Ball
- Jump Rope/Double Dutch
- Hop Scotch
- Monkey in the Middle
- Swing the Statue

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GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



© Childhood 101 & Kids Yoga Stories

printable yoga poster

Neighborhood Scavenger Hunt

How many things can you spy?



Quick ways to **CALM** down!

Sea Life Sensory Solutions.



Puffer Fish Puff

Puff your
cheeks like a
puffer fish!

Fill your
cheeks with air
and hold for 5
seconds.



Clam Cuddle

Cuddle
yourself like a
clam.

Place your
hands on the
opposite
shoulders and
squeeze.



Turtle Tongue

Poke your
tongue out like
a turtle pokes
out its neck.

Stick your
tongue out and
quickly hide it
again.



Starfish Stretch

Stretch out like a
starfish.

Place your arms
up over your
head and stretch
out wide. Stretch
your legs out
wide too.





24 YOGA POSES *for* BEGINNERS



CHATURANGA



COBRA



DOWNWARD
FACING DOG



CAT



COW



LOCUST



BOAT



CHAIR



CORPSE



SEATED
FORWARD BEND



STANDING
FORWARD BEND



STANDING
FORWARD FOLD



UPWARD BOW



EXTENDED
SIDE ANGLE



TREE I



TREE II



EASY POSE



UPWARD HAND



SHOULDER STAND



WARRIOR I



WARRIOR II



EXTENDED
HAND TO TOE



HEADSTAND
SUPPORTED



HEADSTAND *

