



Children do not have to be active all in one go!  
Activity can be broken into snack-size pieces (10 minute intervals):  
a **SNACKTIVITY**.

Check out the Snacktivity ideas for inspiration to

*get up, get out... get active!*

## Early Childhood - One to Two Years

### 1. Park and Play

Get up, get out...to your local park and play with your child on the equipment or take a toy or ball to play with on the ground

**ONE TO TWO YEARS**



### 2. Dance, Swing and Sway

Put on some music and dance, swing, sway and create actions with your child in time with the music

**ONE TO TWO YEARS**



### 3. Treasure Hunt

Go in search with your child for everyday items indoors and outdoors. Be creative with what you find by making up a story about the object

**ONE TO TWO YEARS**



### 4. Adventure Walks

Take an adventure walk in the garden, stop and pick up sticks, leaves and rocks. Take time to smell the flowers

**ONE TO TWO YEARS**



### 5. Puddle Time!

After the rain take your child out to play and jump in small puddles and feel the texture of mud and wet grass. Use old clothes so new ones are not ruined

**ONE TO TWO YEARS**



### 6. Ball Games

Roll, kick or bounce a soft ball to your child and get them to push/throw/bounce or roll it back to you. Can be done inside or outside

**ONE TO TWO YEARS**



### 7. Obstacle Course

Make an interesting obstacle course with everyday furniture items inside or outside encouraging your child to go over, under or around the items

**ONE TO TWO YEARS**



### 8. Bubble Fun

Make bubbles from water and dishwashing liquid and blow bubbles with your child to encourage them to reach, chase and touch the bubbles

**ONE TO TWO YEARS**



### 9. Collage creation

Make a collage from the items that you collect on your adventure walks to show how much investigation your child has done!

**ONE TO TWO YEARS**



### 10. Animal fun

Get up, get out...take your pet for a walk with your child and encourage them to walk by getting them to hold the lead instead of the pram

**ONE TO TWO YEARS**

