



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 - Two to Three Years

1. Inside Play

When playing inside encourage your child to play with toys that require body movement such as building blocks or stacking cups, rather than watching the TV

TWO TO THREE YEARS



2. Flying Fun

Get up, get out... chase and mimic things that float or fly in the air such as balloons, bubbles, butterflies, your shadow or even fly's!

TWO TO THREE YEARS



3. Silly Walks

Take your child on a walk around the block or the backyard. Try 'different' walks - slow, quick, heavy steps, tiptoes, strides, straight, backwards!

TWO TO THREE YEARS



4. Ball Games

Roll or kick a ball to your child. Show them how to stop it and encourage them to kick or roll it back to you

TWO TO THREE YEARS



5. Ball or Sock fun

Use a soft ball or old pair of rolled up socks and throw this between you and your child. Encourage underarm, over arm and through the legs all in fun!

TWO TO THREE YEARS



6. Park and Play

Get up, get out...to your local park and play with your child on the equipment. Climb to the top of the tower and pretend to be spying on a 'pirate' or similar

TWO TO THREE YEARS



7. Zoo Keeper

Inside or outside, get your child to choose an animal and walk around acting and sounding like that animal, remember there is feeding time at the zoo!

TWO TO THREE YEARS



8. Bubble Fun

Using an old sheet with your child on one end and you on the other, lift it up and down to make waves, crawl underneath it when in the air or bounce balls/socks on top of it

TWO TO THREE YEARS



9. Dance, Sing and Sway

Put on your child's favourite music and dance, swing, sway and get your child to create actions in time with the music

TWO TO THREE YEARS



10. Animal fun

Get up, get out...and play with your toddler and your pet. Chase it, throw it a ball, pull a mouse on a string for it to chase

TWO TO THREE YEARS

