

Active Preschoolers

Outdoor Play



Parents and caregivers can help children stay active and fit. Any kind of physical activity that makes your preschoolers break a sweat or brings their heart rate up will strengthen their lungs, heart and muscles.

Here are some ideas using inexpensive materials such as pool noodles, tape, cardboard boxes and household items.



- **Play Hockey.** You will need a light-weight ball and a couple of pool noodles to use as hockey sticks. Use a laundry basket on its side to make a goal.

- **Ring Toss.** Cut a noodle in half, place one half straight up on the grass and secure it with skewer sticks. This becomes the "pole." Bend and shape two other noodles into a circle using tape to connect the ends. Throw the rings from afar aiming for the "pole" on the grass.



- **Play soccer.** Use a cardboard box for the goal or a pool noodle bent into an arch. Secure it with skewer sticks.

- **Galloping horses.** Use a pool noodle as a horse and gallop around the yard or play area. Fold one end of a pool noodle for the horse head and tie it with tape, add a google eye on each side, then use ribbon or yarn for the hair.