

# Physical Activity: Suggestions for Preschoolers

Encourage your preschooler to play actively several times every day. Preschoolers' activity may happen in short bursts of time and not be all at once.

## Outdoor Activities

- ◇ Games in the yard or park
- ◇ Family walks after dinner
- ◇ Walking the dog together
- ◇ Freestyle dance
- ◇ Playing catch
- ◇ Family bike rides on the weekend
- ◇ Building a snowman
- ◇ Throwing a Frisbee
- ◇ Swimming at the pool or beach



## Indoor Activities

- ◇ Duck-duck-goose
- ◇ Follow the leader
- ◇ Treasure hunt
- ◇ Playing with a dog
- ◇ Hide and seek
- ◇ Ring around the rosie
- ◇ Simon says
- ◇ Walking around the shopping mall



Adapted from USDA's "What is Physical Activity for Preschoolers?" Created by AmeriCorps Member Amy Houser.

