



OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

Genesis Centre, Edmonton Catholic Schools
10537 – 44 Street, Edmonton, AB T6A 1W1
Phone: (780) 638-6810 Fax: (780) 638-6844

Active Indoors



Why is it important?

The Canadian Society for Exercise Physiology (CSEP) recommends 60 minutes of moderate to vigorous physical activity per day for children ages 5-17 years. This is about as intense as a brisk walk. Keeping active is more important than ever, especially when we're being required to stay indoors. Physical activity is an important component to self-regulation. Self-regulation is the ability to be ready to participate, engage and play. It's also a skill used to cope with stressors. When we're active, our brains are better ready to be focused and calm!

BOKS BURST- As If Activity

Put on a favorite song and do each activity for 30 seconds:

- 1) Jog in place to "outrun" an abominable snowman
- 2) Take big steps as if you are snowshoeing
- 3) Jump up and down as if you are a kernel of popcorn
- 4) Reach up as if you are trying to grab the North Star
- 5) March in place with high knees as if you are in a marching band
- 6) Leap side-to-side as if jumping over a big puddle

Animal Friends

Pretend to be different animals with your child. Take turns picking the animal!

Some examples include:

- Flap like a bird. Fly around the house
- Jump with two feet together and pretend to be kangaroos
- Bend your knees, walk with your legs far apart and swing your arms like a chimpanzee
- Slide around on the floor pretending to be snakes

Body Soccer

What you'll need: A few balloons and something to use as a goal – a box, a laundry bucket

What to do:

- Have your child play "keep it up" with a balloon
- How many taps can they get before it hits the ground?
- What body part can you choose to keep the balloon up? Which body part can you keep it up the longest with? Head? Hands?
- Combine body parts to make a sequence. For example, tap the ball with your hand, then head, then foot.
- Now try using those body parts to get the balloon into your goal

Screen Time Suggestions

Make screen time active! Below are some great sources to get up and get moving!

- Cosmic Kids Yoga videos (Youtube)
- **Go Noodle:** Fun movement breaks at <http://family.gonoodle.com>
- **Music:** Download favorite CDs for a dance party! Access free with a library card at <http://hoopladigital.com>
- **Apps:** Look for apps focused on movement, such as Super Stretch Yoga (Android and App Store)





Set up an Indoor Obstacle Course

Try creating an engaging course with at-home materials that includes a variety of motions (jumping, crawling, balancing, etc.) and uses a large area. Have your kids help make the course using some of these creative ideas:

- Line of tape to balance on
- Couch cushions to hop between
- Table to crawl under
- Blanket over 2 chairs to crab walk through
- Stuffed animals to jump over
- Plastic containers to run around

Tape Games

What you'll need:

- Roll of painter's tape

What to do:

- **Tape Shape Game:** Use the tape to create a variety of shapes, letters and numbers on the floor. Encourage your child to move between the shapes in various ways (ie., bear crawl to the square, hop like a frog to the A, run to the rectangle).
- **Tape Lines:** Make 5 – 10 separate lines of tape, each about 1-foot apart. Label the "start" line and give your child instructions:
 - Long jump forwards
 - Long jump backwards
 - Hop on one foot
 - Walk on tippy toes
- **Create a Race-Car Track:** Use the tape to make a road system for your kids' cars. Have the track go over furniture and other obstacles. The key to making it active is to make it large-scale so kids are engaging their core muscles while crawling all over.
- Create an indoor **Hopscotch**

Indoor Basketball

What you'll need:

- A laundry basket or large bucket
- Items to toss – crumpled up newspaper, bean bags, soft toys, or rolled up socks

What to do:

- Set up lines of tape for your child to stand behind. The further away the line is from the basket or "hoop" the more challenging it is.
- Practice tossing the items into the basket using different motions: underhand, overhand, eyes closed, standing on one foot, etc.
- Create a friendly challenge: see who can make the farthest shot or set a timer for 1 minute to see how many baskets can be made.
- Make the game more active by having your child run to pick up the "ball" after every missed shot.

Indoor Bowling

What you'll need:

- Painter's or masking tape
- Plastic bottles or cups
- Small balls or bean bags to roll

What to do:

- Set up a bowling "lane" with some painter's tape
- Use plastic bottles or cups for the pins. Spend time building or lining up the cups in different formations (ie., in a line or in a pyramid) to be knocked down.

Cotton Ball Crawl

What you'll need:





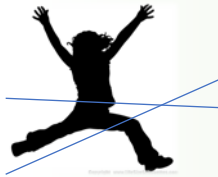


- Cotton balls or pompoms
- Spoons

What to do:

- Move a pile of cotton balls from one room to another using a spoon.
- The feather-weight cotton balls make it easy to fly off the spoon if it's not balanced just right!










Moving at Home

ACTIVITY	LINKS TO SCHOOL SUBJECTS
 <p>Jumping: Jump around the house with feet together, feet apart, on one foot, big jump or small jump. Count together with your child how many jumps they can do across a spot. Try subtracting when they jump backwards!</p>	Math/numeracy, core strength, transitions, foundational movements
 <p>Target Jumping: Place coloured papers or sticky notes on the wall at different heights. Write different letters or your child's sight words on paper to target literacy.</p>	Math/measuring, sight words, letter recognition, spelling, foundational movements (jumping)
 <p>Hopscotch: Create hopscotch patterns with your child using sidewalk chalk or floor/painters' tape, paper etc. Place numbers and/or letters inside in each square to target numeracy and literacy. For older students you could add chemistry or math formulas.</p>	Numeracy/skip counting, literacy/letter recognition, foundational movements (jumping)
 <p>Animal Walks: Place images of animals on large dice or on walls. Get silly and move like different animals around the house. (Donkey kicks, bear walk, frog jumps, duck waddle, crab walk, snack slitter).</p>	Shoulder stability, core strength, transitions, body awareness
 <p>Laser Maze: Using painters tape or string to create 'laser' mazes for your child. Set the height and width to best suit your child's size, so that they have to bend low, crawl over, commando crawl, jump and more.</p>	Motor planning, problem solving, core strength.
 <p>Clean-up Game: Turn cleaning up into a game! Place a clean-up bin in the middle of the room and challenge your child to run, or jump to a toy to clean up as fast as they can. Time your child to add an extra challenge.</p>	Transitions, foundational movements (throwing/jumping)
 <p>Pillow Obstacle Course: Set up pillows around the room - some flat and some piled high, and against the wall or couch. Your child can jump over or around them, hopping with one or two feet and doing animal walks between pillows.</p>	motor planning, foundational movement (jumping), core strength



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	<p>Dance Party: Put on some tunes and dance! Dance to your child’s favourite song, or put on some actions songs to follow along with to practice stomping, clapping, standing on one leg and copying other actions. Get your groove on! Older students prefer to choose their own tunes and space.</p>	<p>Motor planning, foundational movements, social skills, endurance</p>
	<p>Family Game Night: Play games together that encourage movement such as Twister®, Feed the Woozle®, Yoga cards such as Yoga Pretzel®</p>	<p>Social skills, problem solving, motor planning, turn taking</p>
	<p>Blanket Racing: Have your child sit on a blanket and pull them around the house. Your child can pull siblings or objects on the blanket. Add items to your child's blanket from various room in the house and have your child drop off objects to the room they belong in.</p>	<p>Transitions (clean-up), strength, balance</p>
	<p>Fort Building: Allow children to use a variety of materials such as blankets and pillows to see what they can build! Try building a big fort or a small fort to add a challenge.</p>	<p>Creativity, imagination, Problem solving, sequencing</p>
	<p>Floor is Lava: Call out “the floor is lava!” and everyone has to jump onto something and get off the floor! Jump onto the couch or small items on the floor to encourage different types of jumping. Adjust the speed and/or jumping distance.</p>	<p>Balance, coordination, core strength, motor planning</p>
	<p>Scavenger Hunt: Have objects or items for your child to find around the house or outside. Have child search for objects that start with a specific letter or letter sound. Do the same with sight words, places on a map, specific measurements, multiplication and division</p>	<p>letter recognition, sight words, numeracy, measurement, problem solving</p>
	<p>Help Around the House: Have fun doing chores by involving your child in activities such as sweeping, vacuuming, raking, shoveling, cooking, washing dishes, packing groceries. If necessary, use reward charts and Apps (I.e. S'Mores Up, Chore Monster) to help engage your child.</p>	<p>Life skills, measurement, health, sequencing, problem-solving, organization, executive skills independence</p>

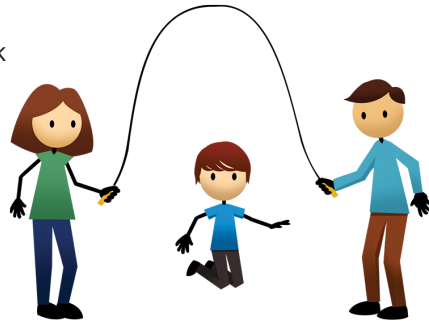
Recipe for an active day

An active day means moving your body in lots of fun ways.
From the activity menu below, select at least one option from each category.
Try to choose something different every day!

Total time: 90 minutes

Make time to play outside

- play tag
- play hide and go seek
- climb a tree
- go to the playground
- roll down a hill
- jump in puddles
- jump off rocks
- build a fort
- jump in a lake
- get muddy
- run through a sprinkler
- look for worms
- jump rope



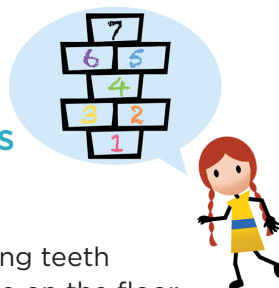
Get together for a family activity

- bike ride
- after dinner walk
- obstacle course
- geocaching
- dance party
- go skating
- soccer in the park
- scrub baseball game
- go bowling
- do some yoga



Have fun developing skills

- play catch
- hit a ball with a bat
- stand on one foot while brushing teeth
- balance on line of masking tape on the floor (like a tightrope)
- dribble a ball
- shoot hoops or throw laundry into a hamper
- play hopscotch
- kick a ball back and forth



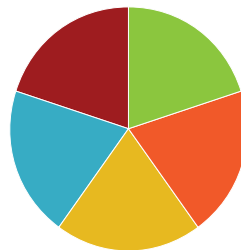
Remember to help around the house

- make your bed
- take out the garbage
- pick up toys
- fold laundry
- rake leaves
- garden
- vacuum



Use your feet to get around

- walk
- run
- bike
- scooter
- skateboard
- rollerblade
- skip



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

Congratulations on moving your body in so many different and healthy ways.
You are on your way to being active for life!

ACTIVE FOR LIFE®

Recipe for an active year

An active year means moving your body in lots of fun ways in all sorts of weather and environments. Try a couple of activities each season from the menu below. Remember to mix it up with a variety of activities throughout the year that get you moving on the ground, in the air, or in water or snow!

Make the most of winter

- build a snowman or snow fort
- ski - downhill or cross-country
- throw snowballs
- go for a winter hike
- shovel the walkway
- road or ice hockey
- make snow angels
- snowshoe
- ice skate
- toboggan
- curling



Summer is for air, ground and water

- play night time hide and go seek
- run through a sprinkler
- jump in a lake
- swim in a pool
- roll down a hill
- outdoor yoga
- leap over logs
- build a fort
- swing
- climb a tree
- play tag
- paddle a canoe or kayak
- bounce on a trampoline



Spring into action

- jump in puddles
- go hiking and get muddy
- go for a bike ride
- head back to a playground
- plant a garden
- play catch
- kick a ball around
- geocaching
- scavenger hunt
- after-dinner walks
- jump rope



Fall is for family activities

- rake leaves and then jump in a big pile
- take a hike to look at the fall colours
- pick up garbage at the park
- go apple picking
- walk around a Fall Fair
- help prepare the yard for winter
- obstacle course
- bike to school



Make the most of winter

Spring into action



Summer is for air, ground and water

Fall is for family activities

Physical activity doesn't need to be complicated. As you can see, there are many different and healthy ways to move your body all year long. Follow your own recipe for an active year, and before you know it, you will be on your way to being active for life!