Physical Fitness for All Seasons!

Any kind of movement that requires energy is considered physical activity so rain or shine, let’s get moving! Just remember that toddlers should never travel away from home without a parent or guardian, and should not play near or in streets.

**Spring**
- Try jumping from puddle to puddle – be sure to put your toddler in rain boots!
- Go for a walk and try to find a flower in every color of the rainbow
- Practice hitting or catching a NERF ball
- Take a nature hike through the woods looking for unique rocks, leaves, flowers, and other natural things

**Summer**
- Go wading in a pool with a lifeguard
- Play freeze dance tag—whenever you tag someone, they have to dance until you have tagged everyone!
- Play in the sprinkler, see who can jump the highest over the sprinkler
- Take the pet for a walk through the neighborhood or local park

**Autumn**
- Make leaf piles and jump in them. See who can make the tallest!
- Go for a walk and see how many different color leaves you can find on the trees!
- Turn on the radio and have your own dance party. Try to create new dance moves and name them after yourselves!
- Play games that move, such as “Ring-Around-the-Rosie” and “London Bridge”

**Winter**
- Have a snowball fight with the neighbors and whoever loses has to make hot chocolate for everyone!
- Make snow angels and then give them “wings” using leaves and sticks you find on the ground
- Build a snow man. Try to make it look like someone you know!
- Turn up the music and dance! Have your child move to the music like a cat, bird, horse, elephant or bug

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