

# With children, physical activity ... is a game!

## For children under 5 years old

In this phase of the epidemic emergency, with a long time spent at home, it is particularly important to offer children activities and movement games to play together. Exercise as a game of movement, in addition to being fun, also contributes to improving physical health and promoting psychological well-being. Doing a little movement every day is a simple and effective way to keep agitation, stress, frustration and conflict at bay, which the current situation can generate.

### How much physical activity is necessary each day?



of which about **60** minutes moderate to vigorous\*

### What can parents do to promote physical activity at this age?

- Lead by example, if parents are active, children will also be active
- Choose activities that are appropriate to their age and development
- Create safe places to play, supervising the child's activity
- Avoid using televisions, tablets and mobile phones

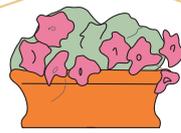
### For this age group

Some transversal activities, important for development, are suitable for all children:

- free movement: dancing, jumping, somersaults, stretching
- music to encourage movement/coordination and stimulate language and learning
- drawing and handling modeling pastes to stimulate creativity, fine motor skills and sensory aspects
- shared reading aloud and then autonomously to stimulate language, learning and interaction

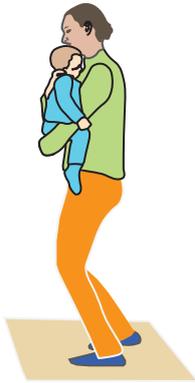


\* vigorous/intense physical activity: when breathing and heart beating are accelerated and can cause sweating (for example: running, jumping several times, dancing quickly)



## Examples of activities and games according to age

### 0-6 months



- Dance with your child in your arms being careful to support his/her head with your hands.

### 6-12 months



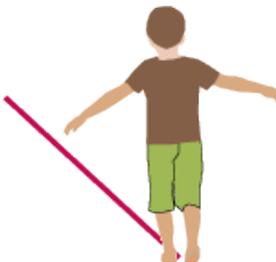
- Promote free play on a soft mat to stimulate motor skills and body contact with other objects and people.

### 12-24 months



- Encourage your child to move like an animal: slither like a snake, hop like a frog, walk like a dog.
- Let your child move barefoot in the house inviting him/her to cross/overcome obstacles, such as wooden cubes, boxes, soft rugs, cylinders, etc.

### 24-36 months



- Let the child walk, one foot after the other, on a strip of adhesive tape attached to the floor; if you want, you can ask the child to scratch his/her head or walk with eyes closed.
- Set up a home bowling alley with milk bottles and tennis balls.
- Glue strips of tape on the floor at a suitable distance apart. On each strip place the image of a jumping animal (frog, kangaroo, etc.); the child will have to imitate the type of jump to reach the next strip.



### 3-4 years



- Jump over the rope. On a soft carpet, tie the rope at an appropriate height for the child to jump over.
- Alligator Alley: Scatter some "islands" or "boats" across the floor (use pillows, books, etc) and then have your kids jump from one to the next without falling into the "water" and risk being eaten by a hungry alligator.
- Mirror, Mirror: Stand face to face with your child and make him/her copy all your movements: reach up and stretch to the sky, run on the spot, act like a monkey. Then switch roles and copy your child.
- Organize a treasure hunt indoors trying to include all the spaces in the house.

