

# Playground Adventure!

Let's get moving and have fun like we're at the playground!

## Materials Needed Today:

- Soft balls (various sizes)
- Hula hoop (or circle drawn on the ground)
- Pillows or cushions
- Low, stable stool or step
- Optional: Tunnel (play tunnel or large cardboard box)
- Music for movement

## Warm-up: Wiggle Time (5 minutes)

Let's wake up our bodies! Play some fun music.

- **Reach High:** Stretch arms up tall like reaching for the sky.
- **Touch Toes:** Bend down and wiggle fingers near toes.
- **Arm Circles:** Make big circles with arms, forward and backward.
- **Leg Shakes:** Shake one leg, then the other.

## Playground Activities (15-20 minutes)

We'll pretend different parts of our home/play area are playground equipment!

1. **The Slide (Pillow Slide):** Pile some cushions or pillows against a couch or sturdy chair to make a gentle slope. Help your toddler climb up and slide down safely on their bottom. Repeat a few times.
2. **The Swings (Imaginary):** Stand facing each other, hold hands gently, and sway back and forth like swings. Sing a little song like "Swing, swing, up so high!"
3. **The Climber (Step Up/Down):** Use a low, stable stool or step. Encourage your toddler to step up and down carefully, maybe holding your hand for support. Practice stepping up with one foot, then the other.
4. **The Tunnel Crawl:** If you have a play tunnel or large box, encourage crawling through. If not, you can make a 'tunnel' with your legs for them to crawl under.
5. **Ball Pit Fun (Hula Hoop Target):** Place the hula hoop (or circle mark) on the floor. Sit nearby with soft balls. Encourage your toddler to toss the balls into the circle. Practice rolling the balls too.
6. **Running Free:** In a safe, open space (indoors or outdoors), practice running short distances. Maybe run to a designated spot and back.

## Cool-down: Quiet Time (5 minutes)

Let's calm our bodies down.

- **Deep Breaths:** Pretend to smell a flower (breathe in through the nose) and blow out a candle (breathe out through the mouth). Repeat 3 times.
- **Gentle Stretches:** Sit on the floor. Reach gently for toes. Do a 'butterfly' stretch (soles of feet together, gently flap knees).
- **Quiet Listening:** Sit together quietly for a minute or read a short, calm story about playing outside.

Great job moving your body today!