

Bottled Up Energy—Games That Let It Go

Young children have lots of energy. There are several simple activities that you can do within your home to help your child release some of that energy, have fun, and develop their gross motor and thinking skills.

Freeze:

- Play music and encourage your child to dance or move in whatever way. Explain to your child that when the music stops, your child should stop moving their body. When the music starts, your child can start moving their body again. If you have an infant, you can dance with the infant in your arms, and stop when the music stops. This kind of activity helps your little one release extra energy, encourages listening and self-regulation skills.



Popcorn:

- Take a towel or small blanket. Have your child hold one side while you hold the other. Place several softballs or a ball made out of rolled-up socks or paper (“popcorn”) on the blanket. You and your child shake the blanket up and down, so the balls bounce or “pop” off. You and your child can make up a song to sing such as “pop, pop, pop the corn, pop it all away.” Once all the balls have “popped” off, have your child put them on the blanket again.

Make an Obstacle Course:

- Set up an obstacle course from items in your home. Have your little one crawl under the table, between two chairs, over pillows. There are so many possibilities; use your creativity.



References: Rivas, Emily. (2018, February 22). *Ten fun games for kids that will get them moving*. <https://www.todayparent.com/family/activities/fun-games-for-kids-that-will-get-them-moving/>; Zero-to-Three (February 17, 2016) *Play Activities for 12 to 24 Months* <https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months>