



Spring

12 Weeks of Physical Activities for the Spring Months

Infants

• (0-12 months) •

Row, Row, Row Your Boat

Materials: None

Description: Take infant's hands and incorporate motions while you sing the song. Adoptions, extensions, and lyrics are provided in resource.

Resource: Page A-82 of resource.
<https://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/infanttoddler toolkit.pdf>

Toddlers

• (1-2 years) •

Walking Our Dogs

Materials: Stuffed or imaginary animals

Description: Have children walk around the building, holding their pet. Have them walk faster or run. Adoptions and extensions are provided in resource.

Resource: Page B-11 of resource.
<https://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/infanttoddler toolkit.pdf>

Preschoolers

• (3-5 years) •

Growing a Seed

Materials: None

Description: Have children pretend to dig a hole, climb in the hole, pull the dirt over. Teachers can pat down the pretend dirt and waters each child, the sun shines down and the seeds (children) start to slowly grow up and reach up their leaves high to the sky.

Resource:
Penny G.
Family Childcare Home
Auburn, NE



Week 1

Infants

(0-12 months)

Parts of a Plant

Materials: None

Description: Hold infant's hands with your hands and sing flower, stem, leaves, and roots to the tune head, shoulders, knees, and toes. Flower: move the infant's hands above their head.

Stem: cross their arms across their body. Leaves: put their arms out to the side. Roots: have them touch their feet. Have them do it on their own if they can. Access lyrics in resource.

Resource:

<https://www.teacherspayteachers.com/Product/Parts-of-a-Flower-Song-Sung-to-Head-Shoulders-Knees-and-Toes-FREEBIE-666131>



Week 3



Toddlers

Toddlers

(1-2 years)

Spring Yoga Story

Materials: None

Description: Yoga poses to go with a fun spring story. Either print or access yoga story in resource.

Resource:

<https://www.kidsyogastories.com/spring-yoga-story/>



Infants

(0-12 months)

Tummy Textures

Materials: Cloths or blankets of different textures such as: velvet, cotton blanket, silk, wool, fleece, etc.

Description: Encourage the infant to feel the texture of what they are laying on.

Resource: Page A-97 of resource.

<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infant-toddler toolkit.pdf>

Preschoolers

(3-5 years)

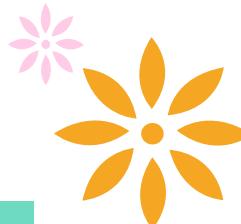
Act Out the Weather

Materials: None

Description: Ask the kids to be the rain, mist, a drizzle, or a downpour. Also have them try windy rain, cold rain, or a heavy rain.

Resource:

<http://healthysd.gov/wp-content/uploads/2014/12/activity-calendar.pdf>



Preschoolers

(3-5 years)

Spring Themed Twister Game



Materials: Dice and paper cutouts of spring themed objects such as umbrellas, flowers, ducks, rabbits, etc.

Description: Make two parallel lines on the ground (distance depends on the abilities of the children). This is the river. Teach them how to jump over the river without getting their feet wet!

Resource: Page 9 of resource.

http://www.sesamestreet.org/sites/default/files/me_folders/Images/We%20have%20the%20moves%20-%20Providers.pdf



Description: Arrange Spring themed objects (umbrellas, flowers, etc.) made out of paper into a 4x6 tight grid. With a die, roll a 1= place foot on a flower, roll a 2= place a hand on a bunny, etc.

Resource:

<https://pintsizestreatures.com/handprint-twister-preschoolers/>

Infants

• (0-12 months) •

Copy Cat

Materials: None

Description: Sit facing the infant, and mirror their movements. If they seem to enjoy the activity, continue with the game. Video example in resource.

Resource:

<https://goshmart.nhsa.org/activities/39>

Toddlers

• (1-2 years) •

Magic Wand

Materials: Colorful scarves or long strips of fabric

Description: Using colorful scarves or long strips of fabric, have the kids draw rainbows in the sky, make low ocean waves, then big ocean waves, etc. Jump over the waves, run with the waves.

Resource: None

Preschoolers

• (3-5 years) •

Blast Off Into Spring!

Materials: None

Description: Have the children "prepare" and put on their space suit. Crouch down. Count down from 10. Say 'Blast off!' Tell them to launch themselves upward like a rocket. Video example in resource.

Resource:

<https://goshmart.nhsa.org/activities/107>



Infants

• (0-12 months) •

Spring Play Time

Materials: Easter grass, plastic eggs, soft play pool, other fun toys for infants

Description: Have Easter grass and plastic eggs in a soft play pool, and have the infants wear bunny ears while playing and looking for eggs.

Resource:
Katy A.
Childcare Center
Omaha, NE



Toddlers

• (1-2 years) •

Follow the Bunny Tracks

Materials: Print outs of bunny tracks

Description: Lay down bunny tracks creating a course, and hop from one to the next.

Resource:
Mary R.
Childcare Center
York, NE

Bunny Track Printout:
<http://patternuniverse.com/files/downloads/easter-bunny-paw-print-pattern.pdf>

Preschoolers

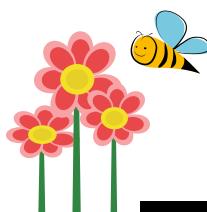
• (3-5 years) •

Easter Yoga Poses

Materials: None

Description: Fun Easter yoga poses pretending to be Easter or spring things. Access yoga poses in resource.

Resource:
<https://www.kidsgastories.com/easter-yoga-poses-game/>



Infants

• (0-12 months) •

Can You Find Your Toes?

Materials: Light weight sheet or scarf

Description: Play peek-a-boo with the infants feet. Repeat this several times, and then encourage them to kick the sheet off their feet so they can show you their toes.

Resource:

<https://www.nemours.org/content/dam/nemours/www/v2/filebox/service/healthy-living/growuphealthy/infant-toddler toolkit.pdf>

Toddlers

• (1-2 years) •

Statuses

Materials: Music

Description: Children form a big circle and get ready for the music to start. When the music starts, children start running in the circle. When the music stops, children must freeze like statues in a funny pose.

Resource:

<http://health.act.gov.au/sites/default/files/KidsAtPlay/Romp%20and%20Chomp%20Structured%20Active%20Play%20Program.pdf>

Preschoolers

• (3-5 years) •

Bridges & Tunnels

Materials: None

Description: Invite the children to make different kinds of bridges and tunnels with their body or body parts. Let children take turns crawling through the tunnels or under the bridges. Video example in resource.

Resource:

<https://goshmart.nhsa.org/activities/111>

Week 6

Infants

• (0-12 months) •

Can You Find Me?

Materials: Mat or towel

Description: Lay infant down on a mat, tummy first. Lie down on your tummy and move your head to one side of the infant's head and say "Where am I? Look, I am over here!" Encourage the infant to look and turn in your direction. Continue to move around.

Resource: Page A-41
<https://www.nemours.org/content/dam/nemours/www/v2/filebox/service/healthy-living/growuphealthy/infant-toddler toolkit.pdf>

Toddlers

• (1-2 years) •

10 Easy Yoga Poses for Spring

Materials: None

Description: Easy fun spring themed yoga poses for kids. Poses for sun, tree, bird, rain, etc. Access description of yoga poses in resource.

Resource:
<https://www.kidsyogastories.com/yoga-for-spring/>

Preschoolers

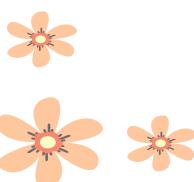
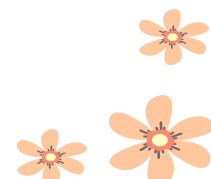
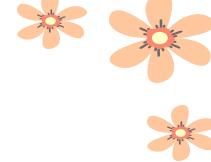
• (3-5 years) •

Earth Day Garbage Pickup

Materials: Rubber gloves, plastic sacks

Description: Give each child rubber gloves and a plastic sack. Collect garbage by walking through the neighborhood.

Resource:
Joy K.
Childcare Center
Grand Island, NE



Infants

• (0-12 months) •

Tug of War

Materials: Piece of clothing, fabric, or bibs

Description: Place infant on their back. Hold onto a piece of clothing or fabric about 8 to 12 inches away from the infant's nose and encourage them to grab it. Pull lightly so the infant tightens their grasp. Try hooking two bibs together loosely. When the infant pulls hard enough, they will pull apart.

Resource:

<https://www.shapeamerica.org/standards/guidelines/upload/Infant-Tug-of-War.pdf>

Toddlers

• (1-2 years) •

Puddle Jumping

Materials: Cut large puddles from sheets of blue paper or foam, fun rain gear (optional)

Description: Place the large cutouts of puddles on the floor. Have the kids pretend like they are jumping in a puddle. Have them jump from one puddle to the next. Have them put on rain gear to make it more fun!

Resource:

Jackie S.
Childcare Center
Omaha, NE

Preschoolers

• (3-5 years) •

Exploring Shapes

Materials: None

Description: Prompt the children to show you shapes with their bodies. Guide children to bend and describe which parts have changed. Access shape examples and description video in resource.

Resource:

<https://gSMART.NHSA.ORG/ACTIVITIES/54>



Week 8

Infants

• (0-12 months) •

Tummy Time Finger Painting

Materials: Baby safe paint, paper, tape to hold down the paper, plastic to go under the paper

Description: Using safe paint and fun bright colors, have the infant on the floor with paint and paper. Let the infant smear the paint all over.

Resource:

<http://fourtinyhandsandfeet.blogspot.com/2013/10/modern-art.html>

Toddlers

• (1-2 years) •

Construction Site Sensory Pool

Materials: Shredded paper (old newspaper), plastic or soft swimming pool, construction trucks, safe toys

Description: Have the kids play in a construction site pool. Hide magnets and toys for the kids to find under the shredded paper.

Resource:

<http://busytoddler.com/2017/01/construction-site-sensory-bin/>

Preschoolers

• (3-5 years) •

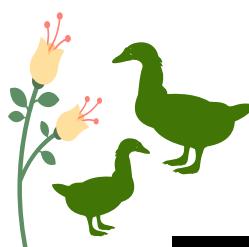
Act Like a Spring Insect or Animal

Materials: None

Description: Fly like a butterfly, buzz like a bee, hop like a frog, roll like a beetle, crawl like a caterpillar, bounce like a bunny, waddle like a duck, wake up from hibernating like a bear, etc.

Resource:

Danielle O.
Preschool
Valentine, NE



Infants

• (0-12 months) •

Tickle Me

Materials: Feather

Description: Gently touch infant with a feather on different parts of their body. The goal is to get the child to turn his/her head, and even reach for or move the area that is being touched.

Resource:

<https://www.shapeamerica.org/uploads/pdfs/2017/downloads/activities/Infant-Tickle-Me.pdf>

Toddlers

• (1-2 years) •

Fish Toe Tickle

Materials: Masking or duct tape

Description: Draw a large circle with tape to make a large imaginary pond. Show the children how to walk on the line of the circle as if they are walking around the edge of a pond with fish in it. Encourage your children to try to stay on the line. Let them know that if they go into the pond the fish will tickle them!

Resource:
<https://goshmart.nhsa.org/activities/165>

Preschoolers

• (3-5 years) •

Kangaroo Circuit

Materials: Hula hoops

Description: Place hoops in a creative circuit. One by one the children jump around from hoop to hoop acting like a kangaroo (arms held like a roo).

Resource:
<http://health.act.gov.au/sites/default/files/KidsAtPlay/Romp%20and%20Chomp%20Structured%20Active%20Play%20Program.pdf>



Week 10

Week 11



Infants

• (0-12 months) •

Airplane Baby

Materials: None

Description: As you are lying on your back on the floor, place the infant on your tummy facing you. Begin by holding their back and gently roll side to side. As the infant gains more control, let go little by little, to a point where you are barely holding onto the child. Safely, still have hands near.

Resource:
<https://www.shapeamerica.org/uploads/pdfs/2017/downloads/activities/Infant-Airplane-Baby.pdf>

Toddlers

• (1-2 years) •

Frog Freeze

Materials: None

Description: Access chant in the resource link below. Chant the rhyme and ask the children to listen for the word 'freeze'. Invite children to move creatively around the room and swim, croak, or leap to each line of the rhyme.

Resource:
<https://goshmart.nhsa.org/activities/59>

Preschoolers

• (3-5 years) •

Spring Into Hula

Materials: Smaller hula hoops

Description: Encourage children to twirl a hoop around their waist, neck, arm wrist, leg, or ankle. Have them twirl and move at the same time. Ask them to do it quickly and then slowly. Have them try it kneeling, sitting, or lying down. Access video example in resource.

Resource:
<https://goshmart.nhsa.org/activities/73>

Infants

• (0-12 months) •

Pre-Wheelbarrow Walk

Materials: Playground ball, exercise ball, or peanut ball

Description: Place infant on their stomach over a ball. Hold their legs apart with knees straight and roll slightly forward and back.

Resource:
<https://www.shapeamerica.org/uploads/pdfs/2017/downloads/activities/Infant-Prewheelbarrow-Walk.pdf>

Toddlers

• (1-2 years) •

Pounding Colors from Nature

Materials: Light cotton material (old sheet), colorful items from nature (leaves, grass, flowers, etc), rubber hammers

Description: Go on a scavenger hunt for colorful items from nature. Bring them back to the light cotton material, and place the items on top. Have them start pounding away. See all the fun colors that go onto the material.

Resource:
<https://www.thingstoshareandremember.com/pounding-colors-from-nature/>

Preschoolers

• (3-5 years) •

Digging for Worms and Bugs

Materials: Shovels, digging tools, frisbees to make mud pies

Description: Give the kids shovels and other digging tools. Tell them to find bugs and creatures. They can also create mud pies and mud piles. Make the ground a little muddy and wet if needed.

Resource:
Chris B.
Childcare Center
Lincoln, NE



BOOK SUGGESTIONS



Fun books to read and to get kids moving!

Check with your local library to see if they either own or can access these books for free.

"If You're Hoppy" by April Pulley Sayre

"The Croaky Pokey" by Ethan Long

"We're Going on a Nature Hunt" by Steve Metzger

"Toddler Play" by Wendy S. Masi (Gymboree)

"My Daddy is a Pretzel" by Baron Baptiste

"Bounce" by Doreen Cronin

"Elephants Cannot Dance!" by Mo Willems

"Breathe Like a Bear" by Kira Willey

"The Grateful Giraffe" by Giselle Shardlow

"Off We Go!" by Beverley Abramson

"Silly Sally" by Audrey Wood

"Hop Jump" by Ellen Walsh

"Potter, Potter the Healthy Otter" FREE on Potter the Otter Website

SONG SUGGESTIONS

Kid Friendly songs to add to any fun activity!

*Active Children's Songs- Watch the video to see actions you can add to the song

"Happy" by Pharrell

"Life is a Highway" by Rascal Flatts

"Dig a Little Deeper" by Jenifer Lewis (Princess and the Frog)

"Friends" by Black Shelton (The Angry Birds)

"Say Hey (I Love You)" by Michael Franti & Spearhead

"I Like to Move It" from Madagascar

"Hakuna Matata" from The Lion King

"Spring Fever" Elvis Presley

"Hungry Caterpillar" by The Learning Station

* "Spring is Here" by The Learning Station

* "Spring Song Dance" by ELF Learning

* "Green Grass Grows All Around" by The Learning Station



NEBRASKA Nutrition And Physical Activity
Self-Assessment for Child Care

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

UNIVERSITY OF
Nebraska
Omaha