



FALL

12 Weeks of Physical Activities for the Fall Months

Infants

(0-12 months)

Float & Catch

Materials: Light scarves, feathers, leaves

Description: Sit on the floor in front of the infant. Toss objects into the air that will float down gently, and stretch out your arms to catch it. Toss it up again so it drops over the infant and tell them to hold their arms out and try to catch it.

Resource:

<http://www.kids-sports-activities.com/infant-activities.html>

Toddlers

(1-2 years)

Healthy Food Groves

Materials: None

Description: Before snack time or lunch, create fun movements to announce that it's time to eat. Examples: Bend your knees to jump high in the air and reach for apples in the trees. Pick as many as you can, as fast as you can. Bend your knees and squat down low to pick some strawberries from the patch. Then reach up high and throw them into the basket. Walk in place and pretend you're at the grocery store. Swing your arms as you walk. Grab some healthy foods and put them in your cart. What foods are you buying?

Resource: p.20

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

Preschoolers

(3-5 years)

Move The Mess!

Materials: Light scarves or handkerchiefs, chalk or tape line

Description: Create a line on the ground with chalk or tape. Put scarves on either side of the line. Have two teams on each side. Set a timer and say 'GO'. Have the children throw as many scarves as they can to the other side. When time is up, count the scarves on each side. Video example in resource.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>

Week
1



Infants

(0-12 months)

Old MacDonald with a Twist

Materials: None

Description: Instead of "Old MacDonald" insert the infant's name, and instead of "had a farm" insert "has a body." For example, "Baby Maria has a body, E-I-E-I-O. And on her body she has a foot, E-I-E-I-O. With a stomp-stomp here..." Do the motions with the body parts.

Resource:

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

Toddlers

(1-2 years)

Obstacle Course

Materials: Balance beam, balance pods, jump rope strung across two chairs, a hula hoop, a slide, foam pieces for stepping stones

Description: Create an obstacle course outdoors or indoors. Use a beam and pods for the children to balance and walk across. Have them crawl under the jump rope strung across two chairs. Next, have them jump five times in the hula hoop, and then go down the slide. Lastly, have them hop from foam piece to foam piece. Help as needed.

Resource:

Marissa M.
Family Childcare Home
Papillion, NE

Preschoolers

(3-5 years)

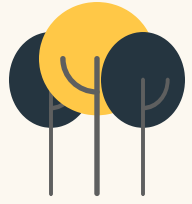
Counting Our Moves

Materials: Chalk, beanbag

Description: Draw a large circle with 5 sections with chalk (like a pie chart). Write the numbers 1-5 in each section. Show the kids where to stand along the edge of the circle. Toss the beanbag into the circle and say the number of the section that the beanbag lands in. Then, tell everyone to do that many of a specific movement. For example, if it lands in the "2" section, everyone will have to do 2 hops.

Resource:

https://d3knp61p33jvn.cloudfront.net/2016/04/Physical_Activity_Cards_-4perpg.pdf



Infants

(0-12 months)

The Eensy Weensy Spider

Materials: Soft toy/puppet spider to show climbing motions (optional)

Description: Take infant's hands and begin singing "The Eensy Weensy Spider." Lyrics provided in resource. Use movement and encourage infant to mimic your movements.

Resource:

"The Eensy Weensy Spider - Kids Song"

https://www.youtube.com/watch?time_continue=5&v=bne3Ix_tjL8

Toddlers

(1-2 years)

Autumn Scavenger Hunt

Materials: None

Description: Print or access autumn scavenger hunt in resource OR create a list of things to find outside. Have the children find items, colors, hard things, soft things, long things, short things, etc.

Resource:

http://www.cbc.ca/parents/content/pdf/autumnscavengerhunt_pdf_tmurphy.pdf

Preschoolers

(3-5 years)

Card Matching

Materials: Fall item cutouts, scissors

Description: Print several sheets of the fall items in the resource link below. Cut out the cards making sure every card has a matching card.

Place one card of the matching pairs around the room. Then hand the other matching cards to the children. Say "go" to signal the children to go find their matching card. Play again with a goal of being faster.

Resource:

<https://drive.google.com/file/d/0B4vByRcYnCH9RTNDEkp3aU1yRmM/view>



Infants

(0-12 months)

So Big!

Materials: None

Description: Place the infant in front of you and hold their hands. Smile and ask, "How big is baby?" Raise their arms above their head and respond by saying, "So big!" Prompt them to raise their arms on their own once they can. Do the same thing with their arms out to the side, in front of them, and behind them.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>



Toddlers

(1-2 years)

Raking Leaves

Materials: Small plastic rakes, real leaves or fake leaves (if raking indoors)

Description: Have the children rake leaves outside or use fake leaves indoors! Have them stuff the leaves into a bag or a bin.

Resource:

<https://mrsplemonskindergarten.com/2016/10/tot-school-fall.html>

Preschoolers

(3-5 years)

Apple Twister

Materials: Apple cut outs in red and green, tape

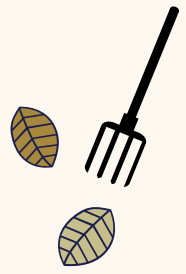
Description: Tape the apple cut outs to the floor in a 6' x 6' grid. Call out a color and a body part to put on that color.

Resource:

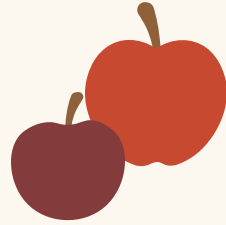
<https://mrsplemonskindergarten.com/2016/09/tot-school-apples.html>

Apple Cut Outs:

<https://sunflowerstorytime.files.wordpress.com/2010/09/apples2.png>



Week
4



Infants

(0-12 months)

Gathering Nature for Art

Materials: Items in nature, paint, paper

Description: Help the infants look for pine cones, sticks, and leaves to paint with for art.

Resource:

Katlyn A.
Childcare Center
Omaha, NE

Toddlers

(1-2 years)

Leaf Catch

Materials: Real leaves or fake leaves (if indoors), a basket for each toddler

Description: Hand each toddler a basket. Then throw handfuls of leaves in the air, and have the toddlers catch as many as they can.

Resource:

<https://mrsplemonskindergarten.com/2016/10/tot-school-fall.html>

Preschoolers

(3-5 years)

Colored Paper Leaf Action Game

Materials: Paper leaves of different colors, paper, scissors, a bucket

Description: Children choose a colored paper leaf from a bucket. Teachers will call out directions for each color leaf. Example: Red leaves twirl around, orange leaves jump up and down, brown leaves fall onto the ground. You can also line the children up at one end of the area. Each child has a leaf then the teacher calls a color and that color runs across the area to the other side.

Resource:

Lynn V.
Childcare Center
Columbus, NE

Week
5





Infants

(0-12 months)

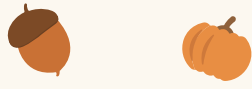
Touching Walks

Materials: None

Description: On walks, help the children explore the world. Hold the baby's hands up to a bumpy tree trunk. Give them a flower petal to touch, crunch some leaves, or run their hand over tickly grass.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>



Toddlers

(1-2 years)

Pumpkin Ring Toss

Materials: Pumpkin(s) with a good sized long stem, several glow necklaces

Description: Have the children stand back a foot or so from the pumpkin. Let them toss the glow necklaces onto the stem.

Resource:

<https://mrsplemonskindergarten.com/2016/11/tot-school-halloween.html>



Preschoolers

(3-5 years)

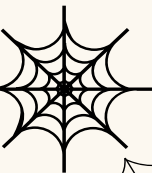
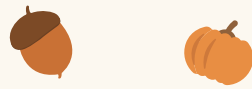
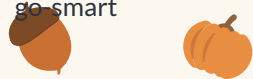
Pumpkin Bowling

Materials: Small pumpkins with the stems taken off, bowling pins (or water bottles)

Description: Line up the bowling pins, and have the kids use a small pumpkin as the bowling ball.

Resource:

Jenifer N.
Family Childcare Home
Omaha, NE



Infants

(0-12 months)

Tummy Time Leaf Exploration

Materials: Leaves, nursing pillow (optional), ziploc bag and tape (optional)

Description: Prop infant on a nursing pillow if they aren't able to reach yet in tummy time. Offer a plate of leaves for the infant to explore. If an infant likes to put objects in their mouth, secure crunchy leaves in a ziploc bag. Tape the bag to a hard floor for leaf slapping, squishing, and crunching.

Resource:

<http://www.candokiddo.com/news/fall-baby-play>

Toddlers

(1-2 years)

Pumpkin Patch Pick Up

Materials: Small plastic pumpkins or orange beanbags, a basket

Description: Scatter the plastic pumpkins around the room, and place a basket on one side of the room. Have the children pick up each pumpkin, balance it on their head, walk to the basket, and drop it into the basket.

Resource:

<https://mrsplemonskindergarten.com/2016/11/tot-school-halloween.html>

Preschoolers

(3-5 years)

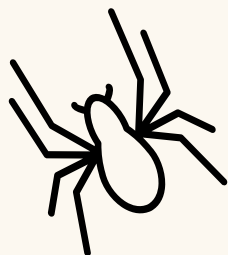
Walking Spider Web Balance Game

Materials: Tape, plastic or paper cutout spiders

Description: Create a large spider web on the floor with tape. Put rolled tape down on different spots of the web. Ask the kids to put a spider there by only walking on the tape to get to that spot. Example in resource.

Resource:

<https://www.notimeforflashcards.com/2011/10/spider-web-gross-motor-activity.html>



Infants

• (0-12 months) •

Side Stepping Pumpkin Drop Activity

Materials: Mini pumpkins, 3 small buckets the pumpkins can fall into, and a bench

Description: Set the buckets near the back of the bench. Place each bucket far enough apart so the child has to side step to get to the next bucket. Place the bowl of pumpkins near the first bucket. The infant then picks up a pumpkin and drops it into the bucket. Encourage infant to pick up the pumpkins with different hands. Next, encourage the infant to slide down to the next bucket. Put the bowl of pumpkins on the floor so the infant has to bend down to grab one.

Resource:

<https://www.yourtherapysource.com/blog1/2017/02/09/side-stepping-ball-drop-activity/>

Toddlers

• (1-2 years) •

Halloween Yoga Poem

Materials: None

Description: A Halloween poetic story that makes yoga fun and helps kids to get moving. Access yoga poem in resource.

Resource:

<https://www.kidsyogastories.com/halloween-poem-young-yogis/>



Preschoolers

• (3-5 years) •

Flies in a Spider Web

Materials: Hula hoop, tape, string, and cotton balls

Description: Hang a hula hoop on the ceiling with some string. Create a web in the hula hoop with the sticky side of the tape facing the kids. Have the kids throw "flies" (cotton balls) at the web in hopes of it sticking. Example and description in resource.

Resource:

<http://barbarazab.tumblr.com/post/48181789913/one-old-project-one-new>



Infants

• (0-12 months) •

Tummy Time Gourd Exploration

Materials: Mini gourds of different colors and textures, nursing pillow (optional)

Description: Prop infant on a nursing pillow if they aren't able to reach yet in tummy time. Place the mini-gourds in front of them for visual and touch exploration. Move them out of reach and encourage the infant to get it. Cut and sand any long or sharp stems.

Resource:

<http://www.candokiddo.com/news/fall-baby-play>

Toddlers

• (1-2 years) •

Pumpkin Roll Off

Materials: Start and finish lines, medium to large pumpkins

Description: Have the children race by rolling their pumpkins from one line to another.

Resource:
Lynn M.

Family Childcare Home
Fremont, NE

Preschoolers

• (3-5 years) •

Musical Leaves

Materials: Colorful paper (green, brown, yellow, orange, and red), music

Description: Cut out leaves out of colorful paper and scatter them around the floor. Play the music and tell the toddlers to hop and dance to different leaves. When the music stops and each child has to find a leaf to stand on. Show a color card, and those who are standing on that color gets a round of applause, silent claps, firework claps, soft claps, or self high fives.

Resource:
Jennifer N.

Family Childcare Home
Omaha, NE



Infants

(0-12 months)



Toddlers

(1-2 years)

Preschoolers

(3-5 years)

Cardboard Box Play Tunnel

Materials: Cardboard box, a bunch of pairs of long socks, scissors

Description: Puncture holes on the top of the box with closed scissors and twist to make big enough holes to thread a pair of socks through. Have the infants explore and crawl through the dangle of bright colors! Have them stretch the socks, or chase them through the tunnel.

Resource:

<https://theimaginationsree.com/baby-play-cardboard-box-play-tunnel/>



Thankful Leaves Basket Toss

Materials: Different colored paper, scissors, markers, a few baskets/containers, ribbon

Description: Cut out leaf shapes in different colors. Talk to the toddlers about what they are thankful for. Have the baskets on one side of the room and the children on the other. Before a toddler can run up to toss their leaf in the basket, they have to say one thing they are thankful for. Have them keep running back and forth.

Resource:

<https://web.kidsactivitiesblog.com/20823/thanksgiving-games>



Flashlight Dance

Materials: Music, flashlight

Description: Turn off the lights and have fun with a flashlight dance. When the flashlight shines onto a body part, move it in different ways-wiggle, reach, bend, and stretch.

Resource:

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



Infants

(0-12 months)

Toddlers

(1-2 years)

Preschoolers

(3-5 years)

Fall Sensory Rattles

Materials: Pine cones, leaves, acorns, corn, cinnamon sticks, whole allspice, lentils

Description: Put fall materials into an empty clear water bottle. Let the infants play with it and shake it like a rattle. If infants aren't reaching or grasping yet, use the rattle to make sounds to promote head turning.

Resource:

<http://www.candokiddo.com/news/all-baby-play>



Materials: Brown plastic cups, colorful feathers, googly eyes, orange paper cut in triangles for turkey beaks, glue, mini pumpkins

Description: Glue the colorful feathers on the back of the brown cups to make tails. Glue the googly eyes and orange triangles on the front to make a turkey face. Stack them and have the toddlers roll a mini pumpkin to knock them down.

Resource:

<https://www.theseasonedmom.com/thanksgiving-games-turkey-bowling/>



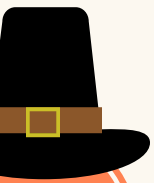
Stuff the Turkey

Materials: 1 large paper bag, 2 small brown paper bags, scrap pieces of paper or newspaper, 2 pieces of white tissue paper, stapler, glue, white paper for onions, brown paper for bread, green paper for celery

Description: Utilize the instructions in the resource below to create a turkey out of the bags with a large hole creating a basket. Have the children throw the "onions, bread, and celery" into the turkey.

Resource:

http://kidfriendlythingstodo.com/2015/11/stuff-the-turkey-thanksgiving-game-for-kids/#_a5y_p=4571986



Week 11



Infants

(0-12 months)

Pie Tin Leg Press

Materials: Pie tin

Description: Hold the pie tin vertically in front of the infant's feet. Encourage the infant to put their feet against the surface and push off.

Resource:

<https://www.mymundaneandmiraculouslife.com/home-exercises-for-babies/>

Toddlers

(1-2 years)

Turkey Feather Hunt

Materials: Jar, orange or brown construction paper, scissors, googly eyes, tape, markers and feathers

Description: Cut out a turkey torso. Draw on a wattle and beak. Glue on the googly eyes. Tape to the jar. Hide the feathers. Then let the toddlers loose to find them! Once they find a feather, have them run to the jar to give the turkey its tail.

Resource:

<https://www.notimeforflashcards.com/2012/11/turkey-feather-hunt-gross-motor-game.html>

Preschoolers

(3-5 years)

Turkey Tag

Materials: Clothespins, glue, glitter, and colorful feathers

Description: Have the kids make their own turkey tails. When they are dry have the kids pin 1-2 clothespins on the back of their shirt or coat. Then start the game by yelling, "Run, Turkey, Run!" The kids run and have to grab the clothespins off each others shirts. Throughout the game yell, "Freeze!" and, "Act like a turkey!"

Resource:

<https://teachbesideme.com/thanks-giving-turkey-tag/>



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.



"Dance with Me" by Charles R. Smith

"Get Up and Go!" by Nancy Carlson

"Toddlerobics Animal Fun" by Zita Newcome

"Head, Shoulders, Knees, and Toes: And Other Action Rhymes" by Zita Newcome

"How Can You Dance?" by Rick Walton

"The Little Old Lady Who Was Not Afraid of Anything" by Linda Williams

"How Big Could Your Pumpkin Grow" by Wendell Minor

"Can You Make a Scary Face?" by Jan Thomas

"Is Everyone Ready for Fun?" by Jan Thomas

"Ninja, Ninja, Never Stop!" by Anna Dewdney

"Jake at Gymnastics" by Rachel Isadora

"Exercise" by Liz Gogerly

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

"Twist and Shout" by The Beatles

"Monster Mash" by Bobby Picket

"Ghost Busters" by Ray Parker Jr.

"I'm a Believer" by Smashmouth

"Dynamite" by Kidz Bop

"On My Way" by Phil Collins

"Kung Fu Fighting" by Cee-Lo & Jack Black

"Where You Are" by Moana

"Autumn Leaves are Falling Down" by The Learning Station

**"Monsters Stomp Around The House" The Kiboomers

**"Skeleton Dance" The Kiboomers



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