

# Let's Move

## Indoors and Outside



What a happy scene. The sun is shining and everyone is happily playing outdoors. This looks just ideal! Especially for young children who are always in movement. As they experience the world around them by exploring it in relationship to their physical bodies, we need to provide them with physical space in which they can move freely.

The best place for delightful movement and exploration is the outdoors. Even now we still can go outside if we practice social distancing, and follow local guidelines and all the basic hygienic recommendations.

As many of us are working from home and we are often confined to limited space we are all in need of fresh air and physical activities. Look at your neighborhood!



Are there parks nearby or quiet streets to take a long walk? In any case, make it your routine to go outside twice a day regardless of the weather. You can make this part of your daily schedule.



Your children will be delighted if you skip, gallop, hop on one foot or both feet for some distance. You can pretend to be horses or rabbits. Take a jump rope and turn it so your child can practice. Don't forget to sing a song while counting the jumps. Balance along on curbs (wherever there are no cars) or play hopscotch on the sidewalk. Make sure to bring a ball to play toss and catch.





Some of us have more access to the outdoors and can even sit on a bench while our children build fairylands and gnome caves from Mother Nature's treasures. Young children are all movement and are very happy when being in nature. After spending time outside during the day, they will also fall asleep more easily in the evening.





Children also need to move when indoors. Try to provide an area in your home where they can play freely, move furniture around, climb on a sturdy table and jump down, build houses and caves, crawl on the floor and even play catch using soft pompoms (which you can make together as a craft activity).

As a special treat you can prepare an obstacle course for them every evening before dinnertime. Be creative and challenge their senses. Create narrow bridges to cross over (play strings on the floor), stepping stones to balance on (books or big pots), mountains to climb (sturdy tables or chairs, stairs), wide meadows to crawl through (living room floor), farms to push the wheelbarrow (hallway, holding your children's ankles while they walk on their hands), lakes to stand in like a flamingo on one leg (close your eyes and pretend to sleep) ... Integrate little



challenging finger games and joyfully sing your favorite family songs. And after you had fun together you can put all the equipment into its place and tell your children that they will be in charge of setting up the obstacle course the next day.



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