



Engage in these activities only when developmentally ready and always under adult supervision.

**Sit and Reach:** Place toys just out of reach daily with supervision to encourage reaching and stretching.

**Peekaboo:** 17  
Play Peekaboo to engage & entertain baby, promoting social & emotional development.

**24**

**Mirror Play:**  
Interact with a baby-safe mirror daily to stimulate visual and cognitive development.

Love yourself and  
stay hydrated!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



30 DAY



## PHYSICAL ACTIVITY CALENDAR FOR TODDLERS

Engage in these activities only when developmentally ready and always under adult supervision.

4

### Ball Play:

Roll, throw, and kick a ball to develop coordination and motor skills.

5

### Bubble Chase:

Chase bubbles to encourage active play and fun.

6

### Parachute Play:

Lift and lower a parachute or sheet to promote teamwork and fun.

7

### Creative Colors:

Use crayons to color & encourage creativity and fine motor skills practice.

8

### Animal Parade:

Pretend to be different animals and march around like you're in a parade.

9

### Scarf Play:

Play with different scarves daily to encourage creativity and movement.

10

### Nature Walks:

Explore outside using their five senses to discover the world around them.

11

### Obstacle Course:

Set up a simple course using poly spots & big blocks.

12

### Dance Party:

Have a blast dancing to your favorite tunes!

13

### Ball Play:

Roll, throw, and kick a ball to develop coordination and motor skills.

14

### Bubble Chase:

Chase bubbles to encourage active play and fun.

15

### Parachute Play:

Lift and lower a parachute or sheet to promote teamwork and fun.

16

### Creative Colors:

Use crayons to color & encourage creativity and fine motor skills practice.

17

### Animal Parade:

Pretend to be different animals and march around like you're in a parade.

18

### Scarf Play:

Play with different scarves daily to encourage creativity and movement.

19

### Bear Crawl:

Crawl on hands and feet to build strength and coordination.

20

### Obstacle Course:

Set up a simple course using poly spots & big blocks.

21

### Dance Party:

Have a blast dancing to your favorite tunes!

22

### Ball Play:

Roll, throw, and kick a ball to develop coordination and motor skills.

23

### Bubble Chase:

Chase bubbles to encourage active play and fun.

24

### Parachute Play:

Lift and lower a parachute or sheet to promote teamwork and fun.

25

### Creative Colors:

Use crayons to color & encourage creativity and fine motor skills practice.

26

### Animal Parade:

Pretend to be different animals and march around like you're in a parade.

27

### Scarf Play:

Play with different scarves daily to encourage creativity and movement.

28

### Nature Walks:

Explore outside using their five senses to discover the world around them.

29

### Obstacle Course:

Set up a simple course using poly spots & big blocks.

30

### Dance Party:

Have a blast dancing to your favorite tunes!

Love yourself and stay hydrated!



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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



30 DAY



## PHYSICAL ACTIVITY CALENDAR FOR PRESCHOOLERS

Engage in these activities only when developmentally ready and always under adult supervision.

<b>4</b> <b>Follow the Leader:</b> Take turns leading with actions like jumping, hopping, & skipping to develop motor & listening skills.	<b>5</b> <b>Yoga for Kids:</b> Start with gentle stretches like reaching for the sky or touching their toes.	<b>6</b> <b>Scavenger Hunt:</b> Use themes like colors or shapes to find items around the classroom or playground.	<b>7</b> <b>Balance Beam:</b> Walk on a tape line in a straight, curved, or zigzag pattern to practice balancing.	<b>1</b> <b>Simon Says:</b> Encourage movement through commands to increase activity & foster listening skills.	<b>2</b> <b>Hopscotch:</b> Draw a hopscotch grid with chalk or tape to support balance and coordination skills.	<b>3</b> <b>Animal Walks:</b> Walk like an animal—bear, crab, frog jump, bunny hop, elephant, and duck walk.
<b>11</b> <b>Hopscotch:</b> Draw a hopscotch grid with chalk or tape to support balance and coordination skills.	<b>12</b> <b>Animal Walks:</b> Walk like an animal—bear, crab, frog jump, bunny hop, elephant, and duck walk.	<b>13</b> <b>Follow the Leader:</b> Take turns leading with actions like jumping, hopping, & skipping to develop motor & listening skills.	<b>14</b> <b>Yoga for Kids:</b> Start with gentle stretches like reaching for the sky or touching their toes.	<b>15</b> <b>Scavenger Hunt:</b> Use themes like colors or shapes to find items around the classroom or playground.	<b>16</b> <b>Balance Beam:</b> Walk on a tape line in a straight, curved, or zigzag pattern to practice balancing.	<b>17</b> <b>Gardening:</b> Help with simple gardening tasks like digging and preparing the soil for planting.
<b>18</b> <b>Story Yoga:</b> Read an interactive storytelling with yoga poses such as mountain, tree, dog and butterfly.	<b>19</b> <b>Simon Says:</b> Encourage movement through commands to increase activity & foster listening skills.	<b>20</b> <b>Hopscotch:</b> Draw a hopscotch grid with chalk or tape to support balance and coordination skills.	<b>21</b> <b>Animal Walks:</b> Walk like an animal—bear, crab, frog jump, bunny hop, elephant, and duck walk.	<b>22</b> <b>Follow the Leader:</b> Take turns leading with actions like jumping, hopping, & skipping to develop motor & listening skills.	<b>23</b> <b>Yoga for Kids:</b> Start with gentle stretches like reaching for the sky or touching their toes.	<b>24</b> <b>Scavenger Hunt:</b> Use themes like colors or shapes to find items around the classroom or playground.
<b>25</b> <b>Balance Beam:</b> Walk on a tape line in a straight, curved, or zigzag pattern to practice balancing.	<b>26</b> <b>Gardening:</b> Help with simple gardening tasks like digging and preparing the soil for planting.	<b>27</b> <b>Story Yoga:</b> Read an interactive storytelling with yoga poses such as mountain, tree, dog and butterfly.	<b>28</b> <b>Freeze Dance:</b> Play a song, dance with the music, and freeze like statues when the music stops.	<b>29</b> <b>Hopscotch:</b> Draw a hopscotch grid with chalk or tape to support balance and coordination skills.	<b>30</b> <b>Animal Walks:</b> Walk like an animal—bear, crab, frog jump, bunny hop, elephant, and duck walk.	Love yourself and stay hydrated! 



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