

Healthy Alternatives for Little Ones In-Class Activities

Lesson 12: Physical Activity

This week we are learning **the importance of physical activity to keep the body healthy**. The objective of Lesson 12 is for each child to be able to identify that physical activity helps their body and mind, participate in physical activities, and make healthy choices in regard to activity so they can grow stronger. Here are some activities you can do with your class to reinforce this week's HALO lesson!

Freeze Dance

Freeze dance provides an opportunity to show the fun of physical activity.

Materials: 5 – 10 minutes of instrumental music and something to play music with. It is recommended that the music begins slow and calm, then moves to fast/upbeat, then returns to slow/calm to end the activity.

Directions: Have children dance to match the tempo/beat of the music. When the music stops, have children FREEZE, then resume dancing to the beat when music resumes. Freeze at intervals throughout the activity. Reinforce that this is an example of physical activity and that physical activity is fun!

Keeping Fit

This activity has children teach the class how to exercise and lets children practice their communication skills.

Materials: Paper and crayons for each child.

Directions: Have each child draw a picture of their favorite exercise. Then, have each child teach the class how to do their favorite exercise.

Follow Me!

This activity encourages physical activity and nonverbal communication.

Materials: A large space

Directions: First, give each child a turn to name their favorite animal. Have the children mimic that animals movements (e.g., stomp like an elephant, hop like a bunny, flap wings like a bird).

