

Healthy Movers

Moving: Indoor Walking and Running Games

Benefits: Learning how to move in different directions. Improving language skills.



Where to play: Indoors **Equipment:** Things the child might like to talk about. Scarf, different surfaces
Safety: Check there is nothing breakable in the space. If playing upstairs, stay away from the stairs

Activity 1

- Ask the child to walk around the house in different directions.
- Give directions to get to a certain area of the house e.g. 3 steps forwards, 3 steps sideways etc.
- Ask them to give you directions too.

3 steps forward. 2 steps to the side. 3 steps backwards.



Activity 2

- Go on discovery walks. What can you find? Leave interesting things for the child to pick up and talk about e.g. old photographs, souvenirs from past holidays.
- Let the child walk barefoot over different surfaces. What does it feel like? Could be soft rug, wooden floor, bubble wrap.

Activity 3

- Chase the child around the house and up stairs.
- Tuck a scarf in the top of the child's trousers, chase them to catch it, then you take a turn.

Change it: **Easier** – Ensure there is plenty of space to move around in. Give shorter instructions.
Harder – Longer instructions. Lots of moving backwards and sideways.