



List of Physical Activities for Young Children

Are your kids getting cabin fever?
(Are YOU?!)
Need a little something to keep them busy?!
Try out some of these ideas to occupy their time... and maybe tire them out a bit! *Hang in there!*

[If you have some ideas to share, please visit our Facebook page and post in comments or send a message OR email your ideas or any links to Michelle@First5Marin.org.]

Indoor Gross Motor Skills for Preschool and Kindergarten

[click here](#)

In-Home Activity Trail - customize and add new exercises or challenges along the way - [click here](#)

Yoga Poster for Kids - do what the frog is doing (thanks to MCOE for sharing!)

[click here](#)

49 Activities to Do with Kids 2 to 4 - [click here](#)

Physical Activities from Active for Life - [click here](#)

Recipe for an Active Year (Print the poster and check the boxes...you might run through these in the next few days!) - [click here](#)

12 Physical Activities for Toddlers and Preschoolers - scroll way down! - [click here](#)

Gross Motor Skills for Kids Who Like to Move! - [click here](#)

25 Exercises and Indoor Activities for Kids - [click here](#)

#TalkReadSing and PLAY together!

***** First 5 Marin offices will be closed for the near future**, but staff is available-- and we will be communicating by email and on Facebook. Follow us at: www.Facebook.com/First5Marin.

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