FAMILY FUN FACTS

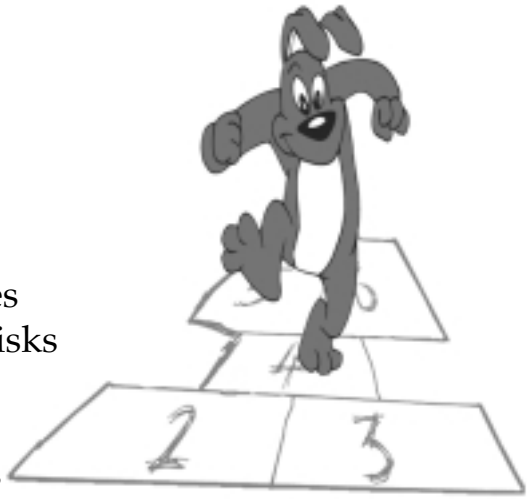
Three to Four Years

Active play is important for the healthy growth of young children. Through play, children learn to move, to think, and to express their feelings. A love for activity is one of the most important gifts that parents and child care providers can give to their children.

Be a good role model-and have fun!

Objects for Play

Targets
24" hoops
Stick Pony
Bowling set
Jump ropes
Koosh balls
Wiffle balls
Bouncing tubes
Foam flying disks
Scarves
Yarn balls
Ribbon wands
6 foot tunnels
24 inch beach balls
6 or 12 foot parachute
Double bladed ice skates
4 by 6 foot tumbling mats
Rhythm band instruments
Lightweight hand paddles
Scooter boards - safety grip
Wading pool with adult supervision
Push toys that resembling adult tools like lawn mowers, doll strollers
Tricycle–some low slung 10-12" back wheel



Activities

Toss
Gallop
Bounce
Hop
Dart
Dash
Fly
Soar
Plod
Trudge
Slither
Wander
Strike
Jump
Spring
Search

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Information from: *Parent's Guide to Physical Play*, The Diane Lindner-Goldberg Child Institute, Hofstra University, Hempstead, NY. May be reproduced for educational purposes.

Family Fun Facts

Recommended Activities

Three to Four Years

Read, Run and Race About

Select a favorite action storybook and ask the child to mimic the actions and expressions of the characters as the story is read aloud.

Alphabet Zoo

Create a carefree action story focusing on an imaginary visit to the "Alphabet Zoo". Include the child's name throughout the story by saying, "At the Alphabet Zoo (child's name) saw **A**pes swinging, **B**ees buzzing about, **C**amels plodding along, **D**ucks flying at a high level, and continue throughout the alphabet completing all animal movements (e.g. Zebras galloping).

Bodies In Motion

Encourage the child to respond to the following action rhyme:

Our bodies are made of special parts.
Wave your arms (child's name)
Shake a leg....
Nod your head....
and **Touch** your chest to feel your heart.

Stamp your feet (child's name)
Snap your fingers....
Rub your belly....
and **Wiggle** your toes....
Now stand very tall and **Touch** your nose.

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