



Thank you for helping children increase their activity level. By having children do one minute of the "Fun Activity" each time children do one of the "Daily Activities", most children will increase their level of activity by 30 minutes a day.

Around the edge of the "ABCs" are ideas of ways to reward children without using food. Food is one of the basic needs of life as it is fuel for our bodies. Avoid using food as a reward or punishment.

REWARD AND PRAISE

REWARD BY SAYING: I AM SO PROUD OF YOU!

ABC	Daily Activity	Fun Activity
A	Answer Phone	Arm Circles
B	Brush Hair	Bounce
C	Clear Table	Crawl
D	Dress	Dance
E	Eat	Elephant Walk
F	Find Shoes	Fly Like a Plane
G	Go Potty	Gallop
H	Hold Hands	Hokey Pokey
I	Imitate	In-line Sliding
J	Jester	Jumping Jacks
K	Keeping Still	Kangaroo Jumps
L	Listen	Laugh
M	Make bed	March
N	Nod	Nose to Knees
O	Open Door	Opera Sing
P	Play	Pounce
Q	Quiet Time	Quietly Jump
R	Read	Reach for the Sky
S	Set Table	Skip
T	Tooth Brushing	Touch Toes
U	Up From Seating	Up/Down Sports
V	Visiting	VROOM Like a Car
W	Wash Hands	Wiggle
X	X's and O's	Flex your Muscles
Y	Yawn	Yosemite Hike
Z	Zip	ZOOM Around

REWARD WITH: HUGS, PRAISE, APPLAUSE, CHEERS!



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ABC ACTIVITIES

Bookmarks
Please take one.

