



# 5210 Grab & Go Activities

A “Redy-To-Go”  
Ring of Activities



Grouped by Age :

Birth-18 Months

18-36 Months

3-5 Years



We hope this tool will be the perfect antidote to those times when teachers just need a quick and easy new activity to present. We've aimed to make it appropriate for using during circle time, rainy days, stretch breaks, and anytime you need to get little bodies moving and brains thinking!

The activities are arranged by age group:

- Birth-18 months: Activities geared towards infants
- 18-36 months: Activities geared towards toddlers
- 3-5 years: Activities geared towards preschoolers.

We've started you off with some activities, collected and adapted from various sources, but would love to get YOUR contributions so that next time we put this out it will be filled with activities passed along by you and your peers in the child care sector. You know best what works, so please let us highlight your ideas.

You can find submission forms for your fun, creative ideas on the Early Childhood Resources Page at [www.letsgo.org/programs/early-childhood/resources/](http://www.letsgo.org/programs/early-childhood/resources/)

Complete the form/s and then fax, mail, or simply send us via email.  
We look forward to your contributions!

Visit us at [www.letsgo.org](http://www.letsgo.org) to find out more.





# Activities for Newborn - 18 Month Babies



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Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



Birth - 18 months

## Shake It Up!

Pull out all your shakers and get those babies shaking along to this great rhyme!

**Shake, Shake, Wiggle, Wobble, Quake**  
**Shake it up, shake it down,**  
**Shake it round and round and round!**

Some great things to shake:

- Egg-shaped shakers
- Tambourines
- Rattles
- Jars with dried beans, popcorn, or rice, tightly closed and taped shut
- Maracas
- Rain sticks

Physical activity makes you feel good!  
Get one hour or more of physical activity every day.

*Activity adapted from "Physical Play Every Day!" NHDHHS  
(as adapted from Hofstra University's "Parent's Guide to Physical Play".)*



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Birth - 18 months



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**Provide Opportunities for Physical Activity** Tab  
of your **5210 Goes to Child Care Binder**  
for more physical activity ideas.





Birth - 18 months

## Bubble Burst

With babies in seats, or infants seated on the floor, blow bubbles within reaching distance and model how to pop the bubbles for them — see how many pops and grins you get!

Recite this verse while blowing:

**Pretty bubble in the sky,  
Pop each one as it floats by!**

Try coming up with your own verses...

Example:

**Pretty bubbles see them flow,  
can you touch them with your toe?**

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Birth - 18 months



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Birth - 18 months

## Row, Row, Row Your Boat

While sitting on the floor, place child between your legs so that both of you are facing forward. Hold an empty paper tube in front of the child's arms so that you are both holding it. Gently reach forward and back in a rowing motion while reciting the following rhyme:

**Row, row, row your boat.  
Down the river watch us float.  
Pushing and pulling on our oar.  
Sitting together on the floor.**

What other things could you row?  
Perhaps you could ride, ride, ride your trike...?

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Birth - 18 months



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Birth - 18 months

## Literacy & Movement Together!

Using books and music together with this age group often makes story time more fun & productive!

Pick a board book or two that involve body parts, dancing, or are made up of words to a well-loved song. Put on the song or peppy instrumental music. While reading the book, perform the “actions” yourself, with a stuffed animal, or with a child in your arms. See if you get some “mirrored” movements coming from your young audience

Some great ideas for books to use:

- If You're Happy and You Know It by Jane Cabrera
- Knees and Toes by Scholastic Inc.
- Wheels on the Bus by Michelle Swan
- Ten Little Fingers by Annie Kubler
- Little Yoga: A Toddlers First Book of Yoga by Rebecca Whitford & Martina Selway

Physical activity is ageless—start young and create some great habits!  
Get one hour or more of physical activity every day.

*Activity inspired by Raising Readers: A Family Health and Literacy Program for Maine Children Ages Birth to 5*



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Birth - 18 months



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Birth - 18 months

## Let's See...I'll Be...?

This game is **WIDE** open to use your imagination!  
Make up anything you think a child could pretend to be  
and shout it out!

- A tree, moving in the breeze
- The sun rising and setting
- A cat arching its back
- A kangaroo jumping around
- A train chugging along a track
- A plane flying through the air
- A lion creeping along the jungle floor

Come up with your own ideas! Kids often have great  
suggestions that you'd never think of in a million years!

Physical activity makes you feel happy!  
Get one hour or more of physical activity every day.

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Birth - 18 months

## See What I Can Do Follow-the-Leader Walk

Take a walk, indoors or out, and designate a “leader.” Let the leader take you on a winding walk around and over and under obstacles. Everyone else try to follow along. Recite the following rhyme:

**Follow me as we go,  
Up and over ,  
High then low.  
Now I'll follow wherever you go,  
Moving fast or  
Moving slow.**

Switch off leaders and go on a new journey!

Physical activity makes you flexible!  
Get one hour or more of physical activity every day.

*Activity adapted from “Physical Play Every Day!” NHDHHS  
(as adapted from Hofstra University’s “Parent’s Guide to Physical Play”.)*



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A cartoon illustration of a girl with a red apple for a head, yellow hair, a pink shirt, and yellow and white striped pants. She has her arms raised in a happy gesture.

# Activities for 18-36 Month Toddlers





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- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
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18-36 months

## Super Kids!

Jumping is a great way to have fun and move your body.

While holding onto the child's hand for safety, pretend you're jumping tall buildings in a single bound by jumping on or off of a sturdy box, curb, step, or platform.

What else can you pretend to jump over?

- A sprinkler — feel the water splash.
- A shark in the water — watch out for his teeth!
- A fairy or gnome house — don't step on your forest friends!
- You choose!

“We'll leap tall buildings with a single bound. Landing firmly on the ground. Super kids can jump this way, because they practice every day.”

Physical activity makes you stronger!

Get one hour or more of physical activity every day.

*Activity adapted from “Physical Play Every Day!” NHDHHS  
(as adapted from Hofstra University's “Parent's Guide to Physical Play”).*



[www.letsgo.org](http://www.letsgo.org)

18-36 months



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Every Day!

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Check out the helpful handouts in the  
**Provide Opportunities for Physical Activity** Tab  
of your **5210 Goes to Child Care Binder**  
for more physical activity breaks.



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18-36 months

## Fitness Chant

Design a balance trail by using masking or duct tape to create pathways on your carpet (make sure you have permission!). Ask the children to walk, stomp, or hop along the trail. Recite the following chant as they go:

“Watch each step as you follow the trail.  
Begin moving slowly like a snail.  
Raise your arms out from your side.  
It helps your balance if you hold them wide!”

TIP: Think of other activities that can center on the tape trail you’ve made. Kids love to drive cars and trucks along a line—maybe they can pretend they’re trucks, cars, or buses themselves!

Physical activity makes you stronger!  
Get one hour or more of physical activity every day.

*Activity adapted from “March Family Literacy Ideas”  
Families READ—A Maine Family Literacy Lighthouse Project  
Sanford Community Adult Education*



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18-36 months



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**Provide Opportunities for Physical Activity** Tab  
of your **5210 Goes to Child Care Binder**  
for more physical activity ideas.



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18-36 months

## Read, Run, and Race About

Pick out a few favorite books from your classroom, the library or have children bring in their own books. Make sure you get some with lots of action!

Read the book aloud and encourage the children to act out the actions and expressions of the characters.

Some ideas for great children's book characters to act out:

- Maisy
- Curious George
- Skippyjon Jones
- Elmo
- The Cat in the Hat

*Check out our handy Healthy Eating & Physical Activity Booklists in your Let's Go! 5210 Goes to Child Care Binder — Get One Hour or More of Physical Activity A Day Tab for more great book tie-ins!*

Physical activity makes you feel good!  
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*Activity adapted from "Physical Play Every Day!" NHDHHS  
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18-36 months



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Check out the Healthy Activity & Healthy Eating Booklists in the  
**Resources Tab**  
of your **5210 Goes to Child Care Binder**  
for some great ideas for books in your classroom.



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18-36 months

## Bodies in Motion

This is a great thing to do whenever the kids need to move their bodies! Let the children know that you will be asking each of them separately to move a body part (and then you can mix it up at the end and get them all to do it!) Say out loud:

Our bodies are made of special parts.

**Wave** your **arms** (child's name)!

**Shake** a **leg** (child's name)!

**Nod** your **head** (child's name)!

**Touch** your **chest** to feel your heart, (child's name)!

**Stamp** your **feet** (child's name)!

**Snap** your **fingers** (child's name)!

**Rub** your **belly** (child's name)!

**Wiggle** your **toes** (child's name)!

Now, everyone, **stand** very tall and **touch** your **nose**!

Physical activity makes you feel good!

Get one hour or more of physical activity every day.

Activity adapted from "Physical Play Every Day!" NHDHHS (as adapted from Hofstra University's "Parent's Guide to Physical Play".)



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18-36 months



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**Provide Opportunities for Physical Activity** Tab  
of your **5210 Goes to Child Care Binder**  
for more physical activity ideas.



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18-36 months

## Apple Picking

1. Walk in place to the imaginary apple orchard.
2. Wave to the farmers as you go by.
3. Pretend you're climbing a ladder — knees up high!
4. Stretch arms to the tallest branches where the yummiest apples hide.
5. Reach high and pick those apples.
6. Reach low and put them in your basket.
7. Repeat until basket is “full.”
8. Pretend you're carrying the heavy basket full of apples back to the farm house.
9. Sit down and “eat” an apple to help you reach your 5-a-day!

Sweet, juicy fruit is part of a healthy diet.

Eat five or more servings of fruit and vegetables each day to keep your body healthy!

*Activity adapted from Take Time: Physical Activity Program*



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18-36 months



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Eat five or more fruits and vegetables a day.



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Check out the helpful handouts in the  
**Provide Healthy Choices** Tab  
of your **5210 Goes to Child Care Binder**  
for more great ideas on eating healthy!



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18-36 months

## Have A Seat

1. Grab a chair and place it in front of you.
2. Now sit, then stand, then sit, then stand.
3. Repeat 5 or 6 times.
4. This round sit half-way down, stand, sit half-way down and hold for 10 seconds, stand.
5. Repeat 5 or 6 times.
6. This time sit, then raise your bottom two inches off the seat and stay that way for 10 seconds, then stand.
7. Repeat 5 or 6 times.
8. For this last round, do a quick “barely-sit” and then stand. Repeat 10 or 12 times.
9. Now have a seat and think about how physical activity makes you stronger!

*Activity adapted from Take Time: Physical Activity Program*



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18-36 months



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for more great ideas on physical activity!



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A cartoon illustration of a young boy with grey hair, wearing a blue shirt and orange pants, jumping on a green pogo ball. He has a happy expression with his mouth open and eyes closed. The background is white.

# Activities for 3-5 Year Old Preschoolers





Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

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3-5 years

## Indoor Obstacle Course

1. Collect some “obstacles” from items in the classroom e.g. pillows, chairs, stuffed animals, pots & pans, blocks.
2. Set items up around the room to create your course.
3. Have rules for each item, such as “hop on one foot around the chair” or “walk backwards 6 steps with the pillow balanced on your head” or “play a song using a wooden spoon and a pot.”
4. Make sure that everyone gets a turn and start over with new items and rules if it’s a big hit! Adding music always makes it more fun!

**TIP:** Ask the children for suggestions; they’ll be sure to have some great (and potentially goofy) ideas!

Live Outside the Box, and try some fun, physical games instead!  
2 hours or less of recreational screen time, and NO screen time under the age of 2.

*Activity adapted from King County Overweight Prevention Initiative’s  
LIVE OUTSIDE THE BOX Toolkit*



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3-5 years



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- 1** hour or more of physical activity
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**Provide Opportunities for Physical Activity** Tab  
of your **5210 Goes to Child Care Binder**  
for more great ideas on physic!



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3-5 years

## Have A Seat

1. Grab a chair and place it in front of you.
2. Now sit, then stand, then sit, then stand.
3. Repeat 5 or 6 times.
4. This round sit half-way down, stand, sit half-way down and hold for 10 seconds, stand.
5. Repeat 5 or 6 times.
6. This time sit, then raise your bottom two inches off the seat and stay that way for 10 seconds, then stand.
7. Repeat 5 or 6 times.
8. For this last round, do a quick “barely-sit” and then stand. Repeat 10 or 12 times.
9. Now have a seat and think about how physical activity makes you stronger!

*Activity adapted from Take Time: Physical Activity Program*



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3-5 years



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**5** **2** **1** **0**  
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for more great ideas on physical activity!



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3-5 years

## (Pretend You're A) Tree Pose

1. Pretend your body is the trunk of a strong tree.
2. Now stand up straight and balance on one foot.
3. Place your other foot on the inside of your balanced leg. **Your knee should be pointing to the side and your heel pointing up your leg. Leave your toes on the ground if you need to for balance.**
4. Bring your hands together in front of you. These are the branches!
5. Raise them above your head and be a proud tree. Keep this pose for as long as you can, maybe even 30 seconds.
6. Switch legs and start over.

Physical activity makes your heart happy!

Get one hour or more of physical activity every day.

Activity adapted from Kerra Cartwright, First Grade Teacher, Young Elementary School, Saco, 2008



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3-5 years



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Check out the *Physical Activity Breaks* handouts in the  
**Provide Opportunities for Physical Activity** Tab  
of your **5210 Goes to Child Care Binder**  
for more great ideas on physical activity!



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3-5 years

## Couch Potato

1. Designate one child to be “It”, and one to be the “Active Angel.”
2. Remaining children walk quickly (and safely) around the play space while “It” tries to tag someone. It can tag more than one child.
3. The child tagged by “It” must sit down and pretend to be a “couch potato.” Pretending to play video games, watch TV, eat snacks are all good ways to be a true “couch potato!” Stay pretending until...
4. The “Active Angel” taps the “couch potato” on the shoulder and, in order to be released from “couch potato land,” that child must come up with an activity that would be better for their health e.g. playing tag, climbing on the jungle gym, jumping on one foot, doing a puzzle. Once they share their activity idea, they are free to stand up and re-join the game.
5. Switch roles and play a few times. Remember, “It” can tag more than one child at a time — the more “couch potatoes,” the more fun the “Active Angel” and everyone else has.
6. Whew! It feels good to move your body, doesn't it!?!?

Life is LOTS more fun when you join in!  
Limit your screen time to two hours or less every day.

*Activity adapted from H.E.A.T. Club Curriculum  
(as adapted from the Ontario Physical and Health Education Association.*



3-5 years



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Check out the helpful handouts in the  
**Limit Recreational Screen Time Tab**  
of your **5210 Goes to Child Care Binder**  
for more great ideas on how to limit or eliminate screen time!



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3-5 years

## Blast Off: Homemade Soda

Try this easy recipe for homemade lemon-lime soda with your class. It's easy enough that the children can take turns measuring the ingredients into their own cup.

Mix together all of the following ingredients in a tall glass or cup and enjoy a healthy and tasty alternative to soda.

- 3 Tablespoons 100% apple juice concentrate
- 1 Tablespoon fresh squeezed lemon juice
- 1 Tablespoon fresh squeezed lime juice
- 3 Ice cubes or 1/8 cup crushed ice
- 1 Cup (8 ounces) seltzer water or club soda

Pop in a colorful straw and pretend you're on the beach relaxing with your healthy drink!

Drinks don't have to be sugary to be delicious!  
Drink less sugar and more low-fat milk and water.

*Activity adapted from H.E.A.T. Club Curriculum  
(as adapted from PRETEND SOUP by Mollie Katzen.)*



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3-5 years



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Check out the helpful handouts in the  
**Provide Water and Low Fat Milk Tab**  
of your **5210 Goes to Child Care Binder**  
for more ideas on drinking less sugar and more water & milk.



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3-5 years

## Let's Go! Sugar Bottle Display

Do you know how much sugar is in some of your favorite juice boxes? You'd be really surprised. Let's find out...

Grab your teaspoons and a bowl of sugar and let's have some fun with measuring out the exact amount of sugar in some of these drinks and thinking about healthier options:

Beverage	Sugar Grams per Serving	Teaspoons of Sugar*
Sunny D Baja Orange Drink	43g	10 <sup>1</sup> / <sub>4</sub>
Capri Sun Red Berry Drink	25g	6
Apple & Eve Bert & Ernie Berry 100% Juice	25g	6
Earth's Best Strawberry Pear 100 % Juice	14g	3 <sup>1</sup> / <sub>3</sub>
Water	0g	0

\*One Teaspoon equals 4.2 grams of sugar.  
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3-5 years



Drinks don't have to be sugary to be delicious!  
The best drinks for kids of all ages are milk and water!



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3-5 years

## Use Your 5 Senses!

Encourage kids to use all 5 of their senses as they eat their healthy snacks! For example, if the class is all having fruit parfaits as a healthy treat they could:

- Use *smell* to describe the sweet scent of each fruit,
- Use *touch* to feel a piece of soft, squishy fruit or creamy yogurt,
  - Use *sight* to describe the red of strawberries or yellow of bananas,
  - Use *taste* to describe the tanginess of the yogurt or sweetness of the fruit, and finally...
- Use *hearing* to describe to crunchiness of the granola as they eat their parfait!

Use this activity during meal and snack times every day! See how many descriptive words the children can use. Keep a thesaurus on hand to help them learn new words to describe what they are experiencing!

Sweet, juicy fruit is part of a healthy diet.

Eat five or more servings of fruit and vegetables each day to keep your body healthy!

Activity submitted by Becki Yahm of 4 Seasons Preschool and Child Care in Gorham, ME



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3-5 years



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Eat five or more fruits and vegetables a day.



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Check out the helpful handouts in the  
**Provide Healthy Choices** Tab  
of your **5210 Goes to Child Care Binder**  
for more great ideas on eating healthy!



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