



# Finding Fun in Physical Activity

Try these easy and fun ways to increase your classroom's activity level and laugh your way to physical fitness!

- ☺ The hokey pokey
- ☺ Follow the leader
- ☺ Simon says
- ☺ Parades—use instruments or act like animals
- ☺ Dancing—have each child create a dance move for everyone to try
- ☺ Parachute Play—Keep any type of objects on the parachute
- ☺ Clapping and stomping to the beat of the music
- ☺ Children's Music that Calls for Movement, Participation, Dance and Exercise

Brainstorm some fun, creative ideas for your classroom and share them with the group. Try doing a couple of the favorites together.

