

Moving My Body Safely: Ages 5-Kindergarten

Giving your child an opportunity to use her large muscles every day helps to:

- Test the boundaries of her physical skills
- Explore new ways her body can move



Ideas to try with your child:

- Play active games every day, such as:
 - Duck-Duck Goose, Freeze tag, basketball, Red Light – Green Light, Ring Around the Rosy, Follow the Leader
- Try different ways to get from one place to the other:
 - Ride bikes, run, skip, gallop, hop, jump, slide, crawl, dance
- Talk about how your body feels when you are doing these activities
 - “What is hard? What is easy? What is moving? What is still?”

If your child is struggling:

- Try a more structured game such as Follow the Leader or Simon Says
- Go on make-believe walks:
 - Through the jungle
 - Through the snow
 - Over a mountain
- Take your child to a park with a play structure

Going further:

- Enroll your child in a structured sport or activity (dance, theater, music)
 - Check with your local YMCA, Community Center, or church for groups/clubs
- Let your child be the leader in a game such as Follow the Leader or Simon Says. This allows her to show her awareness of her body and what it can do by teaching others.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children of Kindergarten age** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: “Recognize basics about how the human body works, such as the five senses and main body parts.” *Touching, Seeing, Hearing, and Moving Around, Ages 5-Kindergarten* pg. 90