



BE ACTIVE KIDS®

Getting Active with Loose Parts

LOOSE PARTS: These types of play materials allow for children to be creative and use them in a variety of unique ways to get active, develop motor skills, and improve fitness. They might be scrap, recycled, natural, or bought materials.

- Baby bathtub
- Balloons*
- Bath Scrunchies
- Blanket/Sheets/Tarps
- Blocks
- Boxes and Cardboard
- Bubbles and Bubble Wands
- Buckets/Pails/Baskets
- Cards (Flash and Playing)
- Carpet Squares
- Carpet Tubes
- Chalk
- Clothesline Rope
- Drainage Tubing/PVC Piping
- Dress-up Clothing
- Empty Jugs or Plastic Bottles
- Floor Markers/Shapes
- Foam Pool Noodles
- Laundry Basket
- Leaves
- Mattress
- Mirrors
- Newspapers
- Paper Towel Rolls
- Pie Tins
- Pinecones
- Pipe Insulation
- Planks of Lumber/Scrap Wood
- Plastic rain gutters
- Plates (paper/plastic)
- Pots and Pans
- Puzzles
- Rattle
- Recyclable Materials
- Rocks
- Rope/Cords/String
- Sand/Dirt/Mud
- Saw Horses
- Shovels
- Socks
- Sponges
- Sticks and Branches
- Streamers
- String
- Tape (packing/duct/masking)
- Tires
- Tools
- Tree Stumps/Cookies
- Wheels
- Zip Ties

* Use pantyhose to cover balloons to prevent potential choking hazard.

Tips on using loose parts with active young children:

- 1. Do a risk assessment first.** Before providing loose parts to children, think through the potential ways it could be used, potential safety issues, and potential benefits from using it. **Potential safety concerns** include choking, cuts, lacerations, abrasions, bruises, broken bones, and concussion. **Potential benefits** include learning, skills development, confidence, enjoyment, and excitement.
- 2. Encourage moving and mixing.** Allow children to combine and move the loose parts around the play and learning environment.
- 3. Create a PlayPod.** Provide appropriate storage for loose parts so it is easy to access by children.
- 4. Recycle and replace.** Keep materials fresh and new by removing and adding loose parts based on use and condition on a regular basis.



Is Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

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