

## Toys and Games That Get Kids Moving

Give a gift that improves a child's health and development

### Infants and Toddlers

- A. Balls (textured and squishy) \$ 
- B. Bubbles \$   
- C. Riding Toys & Trikes \$\$\$-\$\$\$  
- D. Indoor/Outdoor Slides \$\$  
- E. Large Trucks, Planes, Trains or Cars \$\$\$-\$\$\$  
- F. Radio Walker Flyer Wagon \$\$\$   
- G. Musical Instruments \$    
- H. Pull Toys \$    
- I. Exercausers \$\$\$-\$\$\$  
- J. Rody Horse \$\$   

### Tips:

- Toys that make noise (auditory) or sparkle, change color, or move (visual) can encourage movement.
- Encourage infants and toddlers to move freely and limit the amount of time spent in confined seats (such as an Exercauser).

### Three-Five Year-Olds

- 1. Balls and Flying Discs \$  
- 2. Kid's Trampoline \$\$   
- 3. Scooter and Bikes \$\$\$-\$\$\$   
- 4. Teeter Popper or Steppers \$\$\$-\$\$\$   
- 5. Bubbles \$   
- 6. Super Skipper \$\$   
- 7. Hula Hoops \$  
- 8. Pogo Jumper \$\$  
- 9. Bean Bag Toss \$\$ 
- 10. Stomp Rocket \$  

### Tips:

- Sometimes less is more, give some boxes, sticks, and rope packaged as a set to build forts.
- Remember a balance of safety and risk when selecting a toy for a child. Allowing for challenge, creativity, and a bit of responsibility is good for kids.
- For more ideas check out [www.fatbraintoy.com/toys/toy\\_categories/active\\_play/index.cfm](http://www.fatbraintoy.com/toys/toy_categories/active_play/index.cfm)

### Key

\$	\$0-\$25		Cardio Development
\$\$	\$25-\$50		Muscle Development
\$\$\$	\$50-\$100		Locomotor Development
\$\$\$\$	\$100+		Nonlocomotor Development
			Manipulative Development



## Top 5 Gift Items for Families

1. Game or Sport Set (badminton, volleyball, pickleball, etc.)      \$\$-\$\$\$
2. Family Membership to YMCA, Pool, Recreation Department, etc.      \$\$-\$\$\$\$
3. Active Music or CD      \$
4. Active Board Games      \$-\$\$  
(ex. Giraffalaff Limbo, Cat in the Hat I Can Do That Game, Disney Junior Super Stretchy Twister, Yoga Games)
5. Swing Set      \$\$\$\$

## 5 Tips for Being an Active Family

1. Make active play fun for the entire family! Allow children to help choose and plan how the family will be physically active. Be sure to focus more on fun, not on performance or competition.
2. Set aside time daily or throughout the week when the entire family can be physically active together. Try doing something before or after dinner or on weekends. Plan a weekly Family Fun Night that includes riding bikes, swimming, or dancing.
3. Plan activities that require little or no equipment like walking, jumping rope, playing tag, or dancing. Learn and explore parks, hiking trails, biking trails, swimming pools, tennis courts, and community centers in your area that can provide low-cost opportunities to be physically active.
4. Spend time outdoors and be prepared for all weather conditions. There are a lot of activities your family can enjoy in the rain, mud and snow!
5. Get active with other families. Meet up at playgrounds, the community pool, or a local trail. Host active birthday parties to help friends enjoy and benefit from being active as well.

References: USDA's Choose My Plate's Healthy Tips for Active Families  
NC Cooperative Extension's Get Them Moving...Physical Activity for Children and Teens.  
USDA's Nutrition Education Series' Be an Active Family



Is Be Active Kids® at your child's daycare center or school?

If not, email Ryan Fahey [ryan@beactivekids.org](mailto:ryan@beactivekids.org) about how you can bring Be Active Kids to your child's center or school.

## Safety Recommendations

1. Every child has different needs and abilities. Use discretion for the appropriateness of toys for your child. Some children may not be developmentally ready for certain toys even though the toy is suggested for the child's age.
2. Always use appropriate safety equipment, especially helmet for bike riding, skateboarding and skating.
3. Ensure adult supervision where needed, especially activities in or near water.

Reference: NC Cooperative Extension's Get Them Moving...Physical Activity for Children and Teens.

Looking for more resources to encourage your family to be active?

Check out Be Active Kids' website <http://www.beactivekids.org>.



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