



December 2020



Hi Friends! It is December, one of my favorite months. Like just about everything else in 2020 the holidays will look a little different this year, but it does not mean we can't enjoy everything Hanukkah, Christmas, and Kwanza have to offer. During these celebrations different cultures have the tradition of giving gifts based on their beliefs. At Be Active Kids, we encourage including gifts such as active toys for little girls and boys in order to celebrate the holidays.

The Be Active Kids club has a few recommendations for active toys for infants, toddlers, and pre-school children. By providing active toys, children will have a greater opportunity to be physically active and will continue to develop their fundamental motor skills.

Check out these fun active toys for our little friends:

Infant:

- Stackable rings
- Various infant balls (with texture, sight and sound)
- Activity mats/baby gyms
- Tummy time mats/pillows
- Handheld toys (toys that make noise, light up, or have textures)

Toddlers:

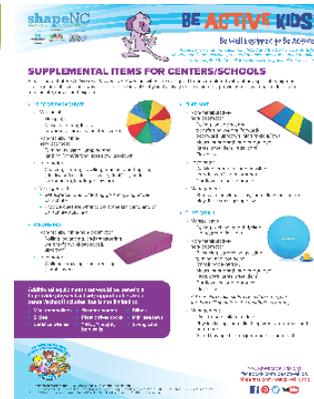
- Sit and spins
- Various balls (texture, sight and sound)
- Ride on toys like trikes or bikes
- Wagons
- Push and pull toys

Pre-K Children:

- Balance boards
- Various balls (texture, sight and sound)
- Tunnels
- Trikes and bikes
- Indoor trampoline or bounce houses



If you need more ideas, check out the [Active Toys](#) and [Be Well Equipped to be Active](#) one pagers that offer more ideas and information about active toys for young children. Feel free to share these with your family and friends.



Aside from the gifts, my friends and I, like to do physical activities that help us to [celebrate](#) the different holidays.

For Hanukkah, the club house gang likes to get together to do some [Hanukkah Yoga](#). It is a great time for us to learn about the Jewish holiday and to take time to connect our mind and body.

For Christmas, my friends and I do the [Jingle Bell Jive](#). The activity helps us to get moving like elves using six movement cards.

For Kwanza, we do a scavenger hunt. One of us hides different symbols of Kwanza around our yard and then writes clues of what and where the symbols are and how where we can find them. Then we all work together to look all over the yard and find each one.

From the Be Active Kids Club and our friends at Be Active Kids, we wish you a wonderful holiday season. Share your pictures and ideas on Facebook, Twitter, and Instagram using [#beactiveblue](#), [#caughtbeingactive](#), and [@beactivekids](#).