

BE ACTIVE KIDS® Equipment that Moves You

TRADITIONAL ACTIVE PLAY EQUIPMENT: These types of portable equipment have common and well-known uses with the purpose of having children move more, develop motor skills and improve fitness.

- Balls
- Bats
- Balance Beam
- Bean Bags
- Climbing toys (ladder/slide)
- Cones
- Floor Spots or Play Dots (colored)
- Frisbees
- Hula Hoops
- Inner Tubes
- Jump Ropes
- Mats
- Music Player
- Paddles
- Parachute
- Push Toys
- Racquets
- Ribbon Wands
- Sacks (burlap)
- Scarves
- Scoops
- Targets
- Tunnels
- Trikes and Other Ride-On Toys

Tips on using traditional active play equipment with young children:

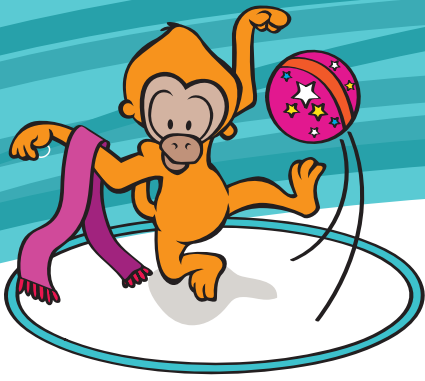
1. Provide **maximum individual participation**. Have enough equipment for each child and make sure it is accessible.
2. **Modify equipment** to balance success and challenge while reducing failure, frustration, and boredom. Vary size, weight, texture, colors, and sounds to help match children's size and ability level.
3. Use **novel types of equipment**. Providing a variety of different types of equipment can add to the interest, enjoyment, and challenge.
4. **Make your own equipment**. Creating homemade equipment can be fun and save some money. Consider safety and regulations when planning and creating.
5. **Using equipment can be chaotic, and that's OK**. Talk about how to handle and use equipment to increase fun and learning and reduce safety issues.



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.

www.beactivekids.org
facebook.com/beactivekids
pinterest.com/beactivekidsnc





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.

www.beactivekids.org
facebook.com/beactivekids
pinterest.com/beactivekidsnc

