

# Keep it Moving in Small Spaces

## Any movement is good movement.

If you think a small living space or yard means no room for physical activity, think again!

## Build an indoor obstacle course.

Turn a walk across a small room into an obstacle course. Use safe items like couch cushions and pillows to stack and scatter for jumping over, falling into, and weaving through.

## Physically active story time.

Forget the old fashion “sit and listen” story time. Have your kids stand up and act out a story as you read aloud. Use simple household items for props. Stuffed animals make great supporting actors!

## Combine movement and learning any chance you get.

Have your child sort kitchen containers by size, color, and shape. Kids can help fold laundry and arrange clothes into piles by color and then count the piles.

## Move more while eating better.

Make up simple songs and dances for preparing family meal favorites. Have an after-dinner “stand up and wiggle” session to help digestion.

## Stretch!

Kids get stressed, too. Put on relaxing music, take deep breaths, and lead a stretching session the whole family can benefit from.

## Moving while moving.

When you’re in the car, turn up the tunes — kids can raise their hands.

