

Physical Activity Fun

Low-cost household items:

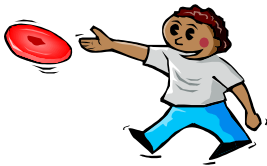
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| pieces of yarn/yarn ball | old panty hose |
| wire clothes hangers | bike inner tubes |
| balloons | nylon scarves |
| old socks | gauze pads |
| old clothing or fabric | produce net bag |

Equipment from Nylon Hose:

- **Sock balls** – Stuff the toe end of the sock with some type of filler (packing peanuts or popcorn works well). Twist and turn the sock inside out until the sock is completely used; then sew the open end of the sock shut.
- **Nylon Racket** – Bend a wire hanger in the shape of a diamond, and pull panty hose over the diamond shaped end of the racket. Tie the end of the panty hose to secure it to the hanger. Bend the hook of the wire hanger into the shape of a handle. Cover the sharp ends of the hanger with gauze and secure the gauze with tape. Completely cover the handle of the nylon racket with masking tape.
- **Panty Hose Flying Disks** – Pull one end of a nylon hose over your arm. At the elbow, begin tightly rolling the hose down your arm until the hose is rolled into a disk. Stretch the hose to tighten the disk. Sew or tape the loose ends of the disk.

Easy and Fun Toy Ideas:

- **Balance Puzzles** - Have children trace their various body parts (e.g. knees, hands, elbows, head, feet, etc.) on construction paper and cut them out. To make “balance puzzles.” Glue a variety of the cut-outs on 11” X 17” paper or cardboard. Place the balance puzzles pieces on the floor and ask children to match cut-outs with body parts.
- **Bean Bags** - Cut a piece of fabric into any shape you desire - fold and sew the edges of the fabric together leaving an opening to insert filler. Stuff appropriate filler into the opening and sew the open end shut.
- **Butterfly Nets** - Bend a wire hanger into the shape of a circle and attach a produce net bag around the circled part of the wire hanger. Bend the hook in the shape of a handle and cover the sharp edges with gauze. Secure the gauze with masking tape. Completely cover the handle of the butterfly net with tape.



Adopted from Iowa D.O.E., “Physical fun for the Little Ones”