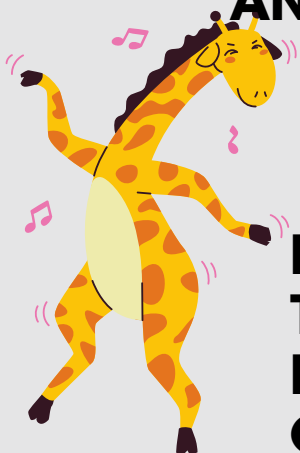


ACTIVITY FOR KIDS 5 AND UNDER



1 INDOOR TENT

MAKE A TENT FOR YOUR CHILD TO BUILD CREATIVITY IN CHILDREN. JUST DRAPE A SHEET OVER A COUPLE OF CHAIRS, PUT A BOOK INSIDE AND GIVE YOUR KID A FLASHLIGHT.



2 DANCE WITH YOUR BABY

HOLD THEM CLOSE AND WALTZ OR MAKE THEM LAUGH WITH SOME 70'S DISCO TO HELP TEACH RHYTHM AND COORDINATION.

3 YOGA

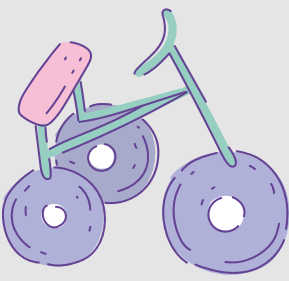
CHILDREN CAN LEARN ALL KINDS OF YOGA MOVEMENTS AT THIS AGE. TEACH YOUR KIDS SOME POSES SUCH AS A TREE POSE AND DOWNWARD DOG.

4 RUN AWAY FROM THE BEAR

KIDS LOVE A GAME OF CHASE, ESPECIALLY WITH A PARENT OR OTHER ADULT THEY TRUST. A GAME OF RUNNING FROM A "SCARY" BEAR CAN INVOKE MANY LAUGHS AS YOUR CHILD PLAYFULLY TRIES TO RUN AWAY.

5 RIDE A BIKE

WHETHER ITS A TRICYCLE, A BALANCE BIKE OR A BIKE WITH TRAINING WHEELS , BIKE RIDING IS A GREAT WAY TO HELP KEEP THEM ACTIVE, TO HAVE FUN, AND BUILD CONFIDENCE.



MEGAN'S Place



Public Health
Prevent. Promote. Protect.

Harford County
Health Department

MEANINGFUL ENVIRONMENT TO GATHER AND NURTURE