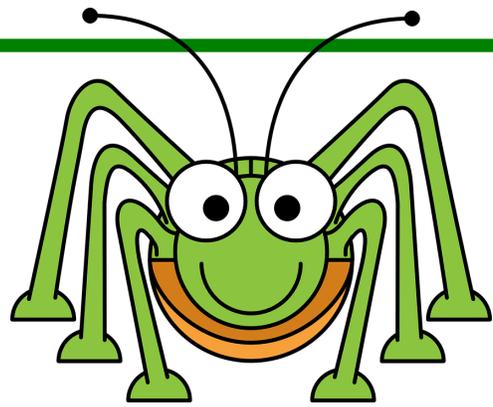


Jumping

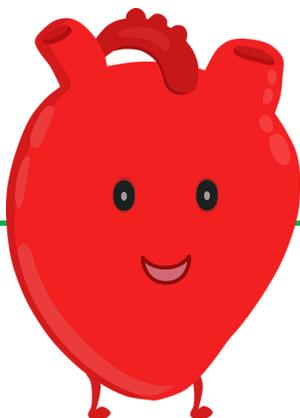
Healthy & Active Children



Important skill for children to develop around 2 to 3 years.

Why?

- Builds coordination
- Pumps up the heart
- Releases feel good endorphins
- Builds muscle
- Supports bone development
- Strengthens lymphatic system
- Improves learning
- Increases body awareness
- Offers lots of FUN!



- Hold hands and jump to music
- Puddle jumping
- Jump over objects (rolled up socks, sticks, empty box...)
- How high can you jump?
- Can you leap like a frog, grasshopper, or a kangaroo?
- Run and jump - how far?
- How long can you jump for in one spot?
- Can you hop on one foot?
- Sing jumping songs.
(Ex. Sleeping Bunnies)

Early ON

Child and Family Centre