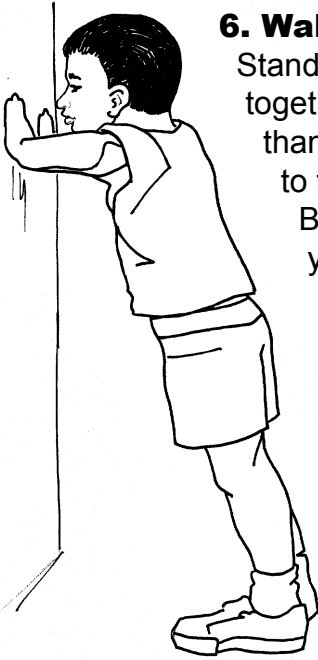


# KIDS *in action*

## 6. Wall Push-ups

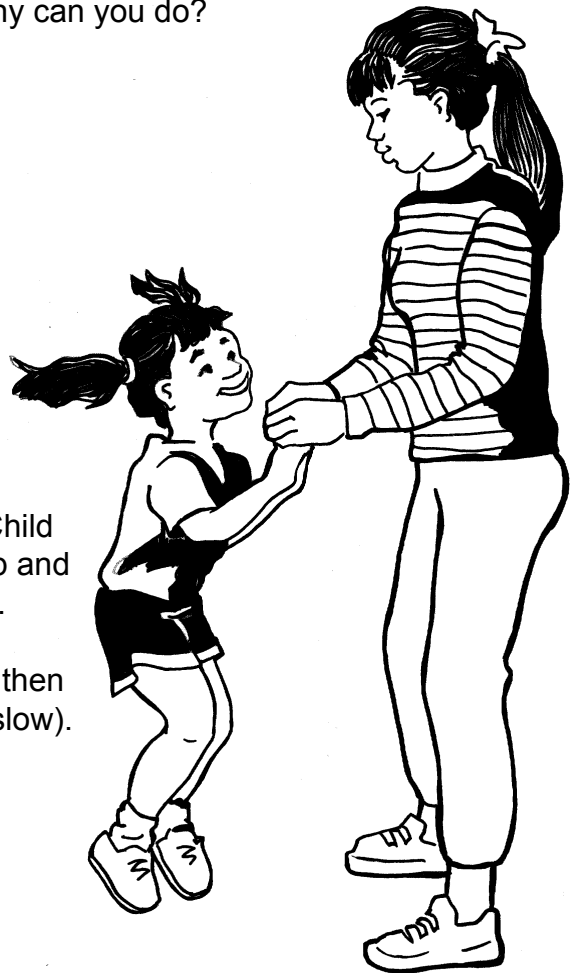
Stand about arms distance away from a wall with your legs together. Place your hands on the wall just a little wider than your shoulders. Lean forward and touch your nose to the wall and push back to your starting position. Be sure to keep your body in a straight line and your heels on the floor. How many can you do?



## 7. Jumping Beans

Hold the child's hand in yours. Child starts bouncing, then jumping up and down. Stop, rest and start again.

Variations: Hop on one foot and then the other. Vary the speed (fast, slow).



## 8. Beanbag Balance

Place a beanbag (or soft toy) on the child's head. Ask the child to walk from one place to another without dropping the beanbag. To make it easier, have the child hold the beanbag in place. Variations: place the beanbag on another body part (e.g., back of hand, shoulder, elbow). Use a different toy or more than one toy. Walk around or under things.