

Supplemental Information

SUPPLEMENTAL TABLE 3 Movement Activities for Project

Age	Movement Activities
1-5 y	<p>Move to chair and scribble with crayons or play with toys on a table</p> <p>Play with beach ball (kicking, throwing, etc)</p> <p>Wagon ride or ride in a cozy coupe toy car around the room</p> <p>Reach and move for bubbles</p> <p>Dance to music</p> <p>Get up in chair and draw with crayons or play with toys on a table</p> <p>“Spell” letters or words with your feet</p> <p>Walk, ride, or hop around the room</p> <p>Play “I spy with my own little eye” on your adventure</p> <p>Go on a scavenger hunt in the room</p> <p>Act like an animal (sitting in bed or standing up)</p> <p>Try out animal yoga (choose an animal and hold the pose for as long as you can)</p> <p>Act it out (example: pretend you are a mad elephant)</p> <p>Play Simon Says</p> <p>Play catch</p> <p>Dramatic play</p>
6-10 y	<p>Elisa’s <i>Frozen</i> powers. Switch off with the child moving your body or dancing, and when the leader says the magic word and pretends to freeze you, the follower must stay still in that pose until she says the magic word again.</p> <p>Read an easy story that can be dramatized. Choose children to participate and have them recreate the story. They can make up the lines or you could reread or tell it as they act it out.</p> <p>Get up in chair and draw or write in an activity book or play with toys on a table</p> <p>“Spell” letters or words with your feet</p> <p>Walk or hop around the room</p> <p>Play action games (Simon Says, charades, play with a beach ball)</p> <p>Play catch categories: name things in a category, first person to blank loses!</p> <p>Target throwing</p> <p>Head, shoulders, knees, and toes (make the child point to parts of their bodies, make it more challenging and fun by switching up the body parts each time)</p> <p>Play “Statues.” As you play music, have the children move in place or, if there is space, have them dance around the room. Every few minutes, stop the music, and the children must stay still in whatever pose they were in when the music stopped. If they move, they must sit down and lose a turn.</p>
11-17.5 y	<p>Get up in chair and draw or write in an activity book or play with toys on a table</p> <p>Walk around the room</p> <p>Play modified hopscotch (use stickers to number the squares and have kids hop on one or both feet: pattern below)</p> <p>Ride stationary bike (limited availability)</p> <p>Toss or kick a beach ball</p> <p>Target throwing</p> <p>Play catch categories: name things in a category, first person to blank loses!</p>

SUPPLEMENTAL TABLE 4 Activity Scale for Movement

Activity Scale Score	Description of Level of Movement
1	Minimal movement: sitting quietly and still
2	Consistent fine movements (writing, scribbling, etc)
3	Occasional large-gross movements (throwing a ball)
4	Consistent large-gross movements (running, skipping, etc)