

ENERGETIC PLAY

Energetic play is a great form of physical activity for your child. It is a natural way for children to move and be active. It is play which requires effort and energy such as crawling, jumping, or running. It can occur indoors or outdoors, alone or with friends and family.



Benefits of play



PHYSICAL

Develop motor skills and build a strong heart, muscles, and bones



EMOTIONAL

Learn to cope with emotions and show kindness and understanding



MENTAL

Learn to think, problem solve, remember, and pay attention



SOCIAL

Learn communication and social skills, like teamwork and sharing



Remember, it is best for children under 2 years to have no screen time. Use daily energetic play as a way to reduce your child's screen time.

Energetic play ideas - indoors



Follow the leader

Act out actions for your child to copy. Role modelling physical activity to your child is important to help them develop a positive attitude towards it



Dancing



Put on some music and start dancing! Try action songs such as 'I'm a little teapot' or 'Head, shoulders, knees and toes'



Obstacle course

Set up an obstacle course using items such as pillows, cardboard boxes, furniture etc. Add in different actions throughout the course such as jumping, climbing, and rolling



It is recommended that toddlers be physically active every day for at least 3 hours, spread throughout the day.



Energetic play ideas - outdoors



Outdoor play is great for your child's development and wellbeing.

Watch this video to learn about the benefits of playing outside in all types of weather.

Ball games



Use a soft ball or balloon to practice throwing, kicking, hitting, rolling and catching

Bubble play



Blow bubbles and try to catch them before they pop



Visit your local playground

Your local park is a great space where your child can run, climb, swing, and slide



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) | [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.