

ENERGETIC PLAY IN ANY SPACE

You do not need a lot of space for energetic play, just enough for your child to move around safely. Small amounts of energetic play at different times throughout the day add up!



2-3
Years

Ideas for energetic play

Tidy up game

Make a game out of tidying up. Have your child practice throwing soft toys into a basket, or jump from one toy to another.



Follow the leader

Have your child copy your actions (jumping, crawling, patting your tummy) or as you do tasks around the house (folding clothes, washing dishes, dusting).

Dancing

Put on some music and dance! This can be a good way to stay entertained while dinner cooks.



Walking

Leave the car or stroller at home and walk whenever possible. Try inventing silly walks or point out different items to your child to keep them interested.

Hallway bowling

Reduce restlessness before you start your bedtime routine by setting up soft toys or empty plastic bottles in your hallway to bowl over with a soft ball.



More ideas



Bedtime yoga

Add yoga/stretching to your bedtime routine - a great way to wind down together.

Storytime

With your child, act out the movements you see while reading their favourite stories.



Make use of public spaces

Look locally for free community spaces that you can enjoy with your child when you need extra space. Places to look for include:

- Shopping centre indoor play equipment
- Sports fields
- Local parks and playgrounds
- Bike paths
- Nature reserves
- Skate parks
- Beaches



If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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