



Foster hand eye coordination and large movement. Use hands or flyswatters depending on age.  
SUPERVISION NOTE: Be aware of popped balloons as they become a choking hazard.



Bean Bag Toss....have multiple lines to toss from to accommodate the challenge for the age range.



Create your own active movement dice. You choose what is possible for your age range of children to do from clapping hands, to balancing on one foot, to touching their nose, to keeping a hula hoop up!



Bed sheet parachute play. Use a twin size sheet for easier manageability for little hands. Allow the little ones to crawl under, while the older children work the parachute. Then try switching and play peek-a-boo with the parachute, the older children crawl under and play peek-a-boo with the younger children.



Simple yoga poses for multi-age groups. Find more on websites like Pinterest. Yoga is a terrific way for mixed aged children to move, stretch, stimulate brain activity, relax, and promote overall health and well-being. Try it today!