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BE ACTIVE KIDS®

Active Things To Do With Paper Plates



1. Use 2 as **ice skates** and skate around the room.
2. Use one as a **target**—tape it to a wall or hang from a tree.
3. Throw a paper plate like a **frisbee**.
4. Make **stoplights** with 3 colored stoplight colors. Hold up a plate and have kids stop for red, walk slowly for yellow, and run for green.
5. Cut the middle out and use as a **ring toss**.
6. Use them to make **mud pies**.
7. Cut the middle out and try to **throw a ball through it**.
8. Make **healthy plates**. Spread pictures of healthy food around the room and have children pick up a few and run back to tape them on their plate.
9. Pretend taped plates on the floor are **lily pads**—jump or leap between them.
10. Try to **balance** one on your head while walking at different speeds—slow, fast, medium.
11. Hold one in each hand with arms extended and pretend they are **wings**—fly around the room.
12. Draw **numbers** on them and see who can put the numbers in order the fastest.
13. Draw **letters** on them and spread them out in a large area. Have children race to the letter you call out.
14. Make a **tambourine**. Punch holes around the edges of 2, put rice or beans between, and weave string through the holes to connect them. Pretend you're in a marching band—march as you play your tambourine.
15. Play **Musical Plates**. Tape them to the floor in a circle. Dance, hop, walk or jump from plate to plate.
Plates may slip, so use caution when moving.
16. Play **Hopscotch**. Write a number from 1–10 on each and make a hopscotch pattern with them.
17. Make **active cardboard creations** with box/plates/craft materials for children to create a car, boat, train, etc.
18. Make a **wheel charade game**. Glue pictures of planes, trains, cars, motorcycles to plates and act each out.
19. **Decorate** with eye catching colors and things that make noise. Have infants and toddlers try to hit or kick it.
20. Play **Tic-Tac-Toe**. Write a big “X” on 5 and a big “O” on 5. Draw a tic-tac-toe grid with chalk on the ground.
21. Play a **life-size board game**. Line plates up in a curvy path with “start” written on a plate at one end and “finish” on the other. Roll a large die (made out of foam or a small box) and jump or hop from spot to spot.
22. Make racquets and play **racquetball**. Tape a paint stick or paper towel roll to a plate to make a racquet. Use socks, pom poms or other light-weight objects and practice striking them with the paper plate racquet.
23. Use the plate as a **steering wheel** and actively pretend to drive around town running various errands.
24. Line up various sized plates to use as an imaginary **balance beam**.
25. Make an **animal mask**. Draw your favorite animal face on your plate and move like your animal.

Note: You can modify some of these activities by varying the distance, height, and amount of plates to make this a successful and positive movement experience for children of all ability levels.

Looking for additional ideas to get kids moving with loose parts?

Find other **Be Active Kids** handouts on things to do with sticks, beach balls and more at www.beactivekids.org/resources/handouts.



Is Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

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