

Indoor Exercise Routines For Preschoolers

Name: _____

Tick each one as you try it

- ☐ 1 Physical Development Benefits _____
- ☐ 2 Safety Guidelines For Indoor Activities _____
- ☐ 3 Balancing Structure And Free Play _____
- ☐ 4 Dance Party Moves That Build Motor Skills _____
- ☐ 5 Obstacle Courses Using Household Items _____
- ☐ 6 Imaginative Yoga Poses For Little Ones _____
- ☐ 7 Routine Samples For Varying Energy Levels _____
- ☐ 8 Reward Systems And Recognizing Achievements _____