



Small Spaces, Great Ideas

In this section, you'll find physical activities that children can do in limited spaces. You can also try these activities on rainy days or when you have to stay indoors.

HERE ARE SOME SIMPLE SOLUTIONS FOR WORKING WITH LIMITED SPACE:

- Free up as much floor space as possible by creating more storage areas. You can use cardboard boxes, baskets, or plastic containers as storage bins.
- If you can, use hallways for activities such as hopscotch or bowling.
- Children love to use their imaginations; help them by providing objects that you already have. For example, children might imagine that a chair is a “big mountain” to march around. They can dance with stuffed animals or jump over blocks in the block area.
- In one part of the room, place a storage bin of safe materials (ribbon sticks, scarves, bean bags, beach balls, and maracas) that can get children moving. If you are a center-based provider, this can become a new movement area for children.

