

# Outdoors and Active

## Top Ways To

## This Weekend

1. **Roll** down a grassy slope or mound. The feel and smell of grass as it speeds past is exhilarating and rolling over and over is great for balance and body awareness.
2. **Twirl** on the spot, with arms outstretched to feel the wind as it whooshes past. A long satin ribbon on a stick can be a great incentive to move.
3. Practise **somersaults** on smooth ground.
4. **Spin** around every lamppost, sign and railing you can find on your every day journeys.
5. **Twist** the chains on a swing round and round and then release them so that the child spins round at top speed. Use the roundabouts too.
6. **Whirl and wave** in open, uncluttered spaces. Objects such as flags, ribbons, cheerleader pompoms and bubbles can encourage whirling.
7. Play **circle games** with friends. Try ring-a-ring-a-roses or use a parachute or big sheet for games that promote upper body strength.
8. Find objects to **roly-poly** over – bike racks, railings, fences. Children love to hang and twirl upside down.
9. **Pirouette** like a rhythmic gymnast or ballet dancer, using long silky scarves or ribbons to create added drama and encourage big body movements.
10. Hold children by their hands or feet (or one of each) and **swing** them around and around – children will get less dizzy than you do, as the liquid in their ears is thinner than yours.

**Being Whoosh RolyPoly** was devised by Jasmine Pasch – RolyPoly is about rotational movements.