Create a DEDICATED ACTIVITY SPACE

The concept of an activity room or an activity corner has been successfully implemented as a way to reward good behavior and incorporate physical activity into the day. Follow the steps below to create your own activity space.

- **Identify a room or corner of a room** that can be used as the activity space (work with your director or administrator, if applicable). The space can be fairly small, but should be big enough to accommodate a small group of 3-4 children.

- **Set up the space** by laying down foam floor mats or a carpet with yoga mats.

- **Stock the space** with games and activities that can be used for physical activity.

- **Make the activity space part of your daily routine.**

- **Allow staff to give children** a “coupon” for 10 minutes in the activity space as a reward for good behavior.

- **Let children use the space to “get their wiggles out.”**

If you need additional funding to get your activity space started, consider these ideas:

- Host a healthy fundraiser.
- Ask parents for donations (may be either supplies or funding).
- Look for grant opportunities – reach out to your Let’s Go! Coordinator for ideas!

**Resources**

- twister
- jump ropes
- yoga balls
- yoga cards
- tents
- scarves
- bean bags
- hula hoops
- floor spots
- tunnels

**Have fun and get the wiggles out!**