

Create a

# DEDICATED **ACTIVITY SPACE**

**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!

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.”**

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

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

MaineHealth

**LET'S GO!**

**5-2-1-0**