

25 Active Things To Do With Paper Plates



1. Use 2 as **ice skates** and skate around the room.
2. Use one as a **target**—tape it to a wall or hang from a tree.
3. Throw a paper plate like a **frisbee**.
4. Make **stoplights** with 3 colored stoplight colors. Hold up a plate and have kids stop for red, walk slowly for yellow, and run for green.
5. Cut the middle out and use as a **ring toss**.
6. Use them to make **mud pies**.
7. Cut the middle out and try to **throw a ball through it**.
8. Make **healthy plates**. Spread pictures of healthy food around the room and have children pick up a few and run back to tape them on their plate.
9. Pretend taped plates on the floor are **lily pads**—jump or leap between them.
10. Try to **balance** one on your head while walking at different speeds—slow, fast, medium.
11. Hold one in each hand with arms extended and pretend they are **wings**—fly around the room.
12. Draw **numbers** on them and see who can put the numbers in order the fastest.
13. Draw **letters** on them and spread them out in a large area. Have children race to the letter you call out.
14. Make a **tambourine**. Punch holes around the edges of 2, put rice or beans between, and weave string through the holes to connect them. Pretend you're in a marching band—march as you play your tambourine.
15. Play **Musical Plates**. Tape them to the floor in a circle. Dance, hop, walk or jump from plate to plate. Plates may slip, so use caution when moving.
16. Play **Hopscotch**. Write a number from 1–10 on each and make a hopscotch pattern with them.
17. Make **active cardboard creations** with box/plates/craft materials for children to create a car, boat, train, etc.
18. Make a **wheel charade game**. Glue pictures of planes, trains, cars, motorcycles to plates and act each out.
19. **Decorate** with eye catching colors and things that make noise. Have infants and toddlers try to hit or kick it.
20. Play **Tic-Tac-Toe**. Write a big “X” on 5 and a big “O” on 5. Draw a tic-tac-toe grid with chalk on the ground.
21. Play a **life-size board game**. Line plates up in a curvy path with “start” written on a plate at one end and “finish” on the other. Roll a large die (made out of foam or a small box) and jump or hop from spot to spot.
22. Make racquets and play **racquetball**. Tape a paint stick or paper towel roll to a plate to make a racquet. Use socks, pom poms or other light-weight objects and practice striking them with the paper plate racquet.
23. Use the plate as a **steering wheel** and actively pretend to drive around town running various errands.
24. Line up various sized plates to use as an imaginary **balance beam**.
25. Make an **animal mask**. Draw your favorite animal face on your plate and move like your animal. Note: You can modify some of these activities by varying the distance, height, and amount of plates to make this a successful and positive movement experience for children of all ability levels.



Tip: You can **modify** some of these activities by varying the **distance**, **height**, and **amount** of plates to make this a successful and positive movement experience for children of all ability levels.

Go NAPSACC



Give Young Children a Healthy Start!

From mealtime, to playtime, to story time, children have lots of opportunities each day to learn and practice healthy habits. Go NAPSACC is a trusted online tool that helps child care programs go the extra mile to support children's healthy eating and physical activity.

Why Go NAPSACC?

- ▶ **Proven track record.** Child care programs nationwide have used Go NAPSACC to make meaningful changes to improve children's health.

We started walking every day and now the kids ask to go for a walk.


I have one picky eater who also doesn't like water. Making changes to my menu and having water always available encouraged her to drink and eat what she may not have otherwise.

- ▶ **Convenient.** Tools and resources are there at your fingertips, available any time you need them.
- ▶ **Flexible.** Focus on changes that mean the most to you and your child care program.
- ▶ **Free.** Tools are available at no cost to you.

The Benefits

- ▶ Access to Go NAPSACC's easy-to-use online tools and an online library of helpful videos, activities, and flyers.
- ▶ Ongoing coaching and technical assistance from our organization.

Learn More!

 See how others have found success with Go NAPSACC.
<https://youtu.be/qUiSK5K7Qrs>

 See a sneak peak of Go NAPSACC's tools and resources.
<https://youtu.be/OaLpKOVvMe8>

Join Today!

For more information, e-mail your Go NAPSACC Consultant:

Go NAPSACC's 5 Steps to Success

- 1 **Assess** current practices in one of the following areas:

-  **Child Nutrition**
-  **Breastfeeding & Infant Feeding**
-  **Farm to ECE**
-  **Oral Health**
-  **Infant & Child Physical Activity**
-  **Outdoor Play & Learning**
-  **Screen Time**

- 2 **Plan** how to improve
- 3 **Take action** with the help of our tips & materials library
- 4 **Learn more** with our online trainings library
- 5 **Keep it up!**

