



PHYSICAL DEVELOPMENT



BETTER • KID • CARE

Activities to support your child's engagement, learning, and development

These physical development ideas can be adapted for one-on-one use, or for small groups.



Click the links to download a PDF to view and/or print!

- [Active health and physical development play](#)
- [Active play for rainy days](#)
- [Let's take a walk](#)
- [Move with math](#)
- [Active mathematics play](#)
- [Active science play](#)
- [Active language and literacy play](#)

[EXTENSION.PSU.EDU/PROGRAMS/BETTERKIDCARE](https://extension.psu.edu/programs/betterkidcare)

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