

#JekkuJänö
#HoppityRabbit



HOPPITY RABBIT'S OUTDOOR CARDS



RUN IN DIFFERENT WAYS

Run in many ways: forward, in a zigzag, backward, slowly, and fast. The adult shows how to move.



DID YOU KNOW?

Children need at least one hour of vigorous physical activity every day, so that breathing and heart rate clearly increase.

For a child, vigorous physical activity means, for example, running fast, playing chasing games, pushing a heavy toy truck, or climbing uphill.

BIG RABBIT AND THE RUNAWAY BABIES

At the start, the rabbit babies (children) sit in their nest. The nest is an area you choose together.

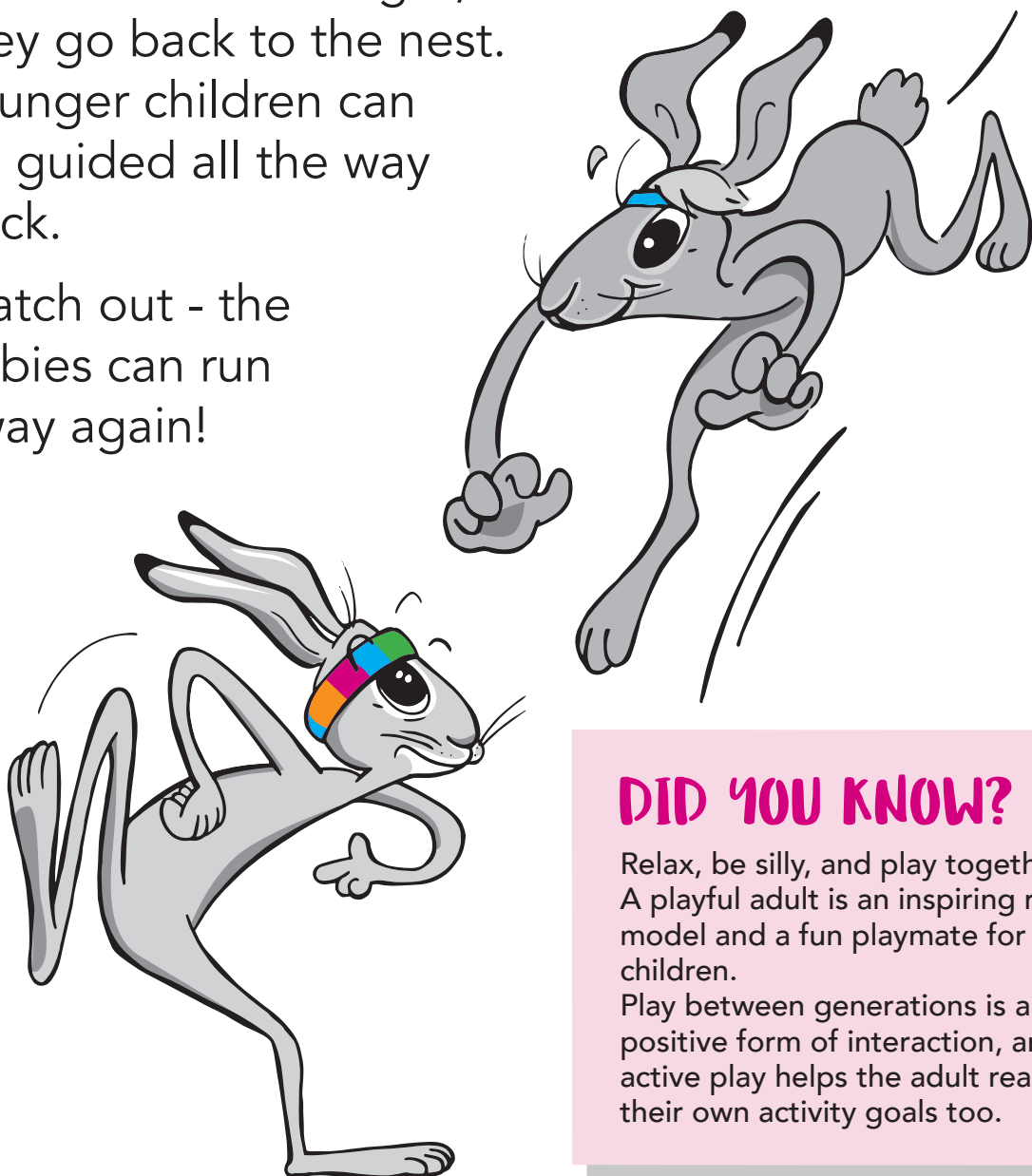
The Big Rabbit goes for a walk. While Big Rabbit is away, the rabbit babies run away from the nest.

Big Rabbit tries to catch the runaway babies.

When a child is caught, they go back to the nest.

Younger children can be guided all the way back.

Watch out - the babies can run away again!



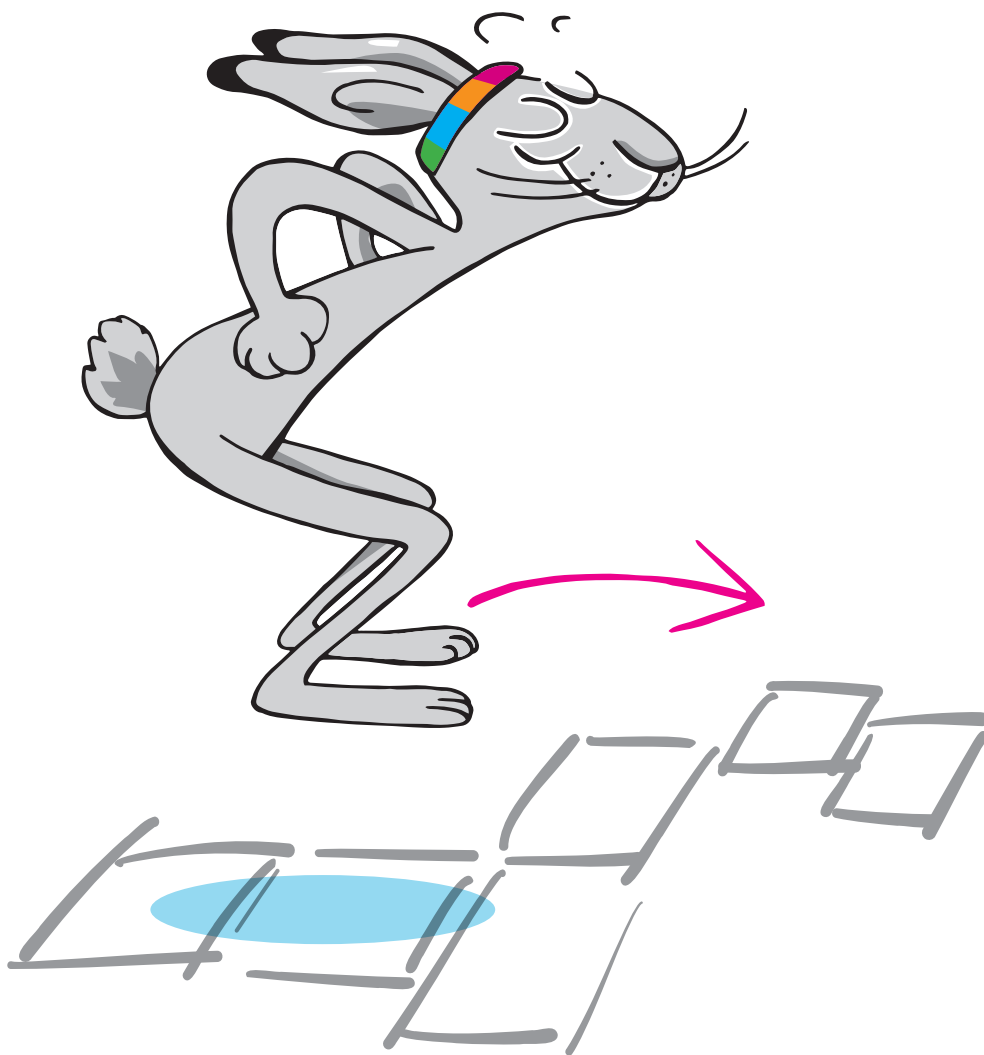
DID YOU KNOW?

Relax, be silly, and play together. A playful adult is an inspiring role model and a fun playmate for young children.

Play between generations is a very positive form of interaction, and active play helps the adult reach their own activity goals too.

JUMPING COURSE

Build a jumping course together with the children. Use hoops, sticks, or draw shapes in the sand. Children can jump on one or two feet according to their skills. The youngest children can simply step from one shape to the next.



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DID YOU KNOW?

Jumping is strong exercise that helps a growing child's muscles and bones. A good goal is 50–100 jumps per day. Look for chances to jump during the day, for example during transitions or indoors.

HOPPITY RABBIT EXPLORES THE ENVIRONMENT

Go through Hoppity Rabbit's body parts: nose, paws, tail, long ears (make long ears with your hands), and sides.

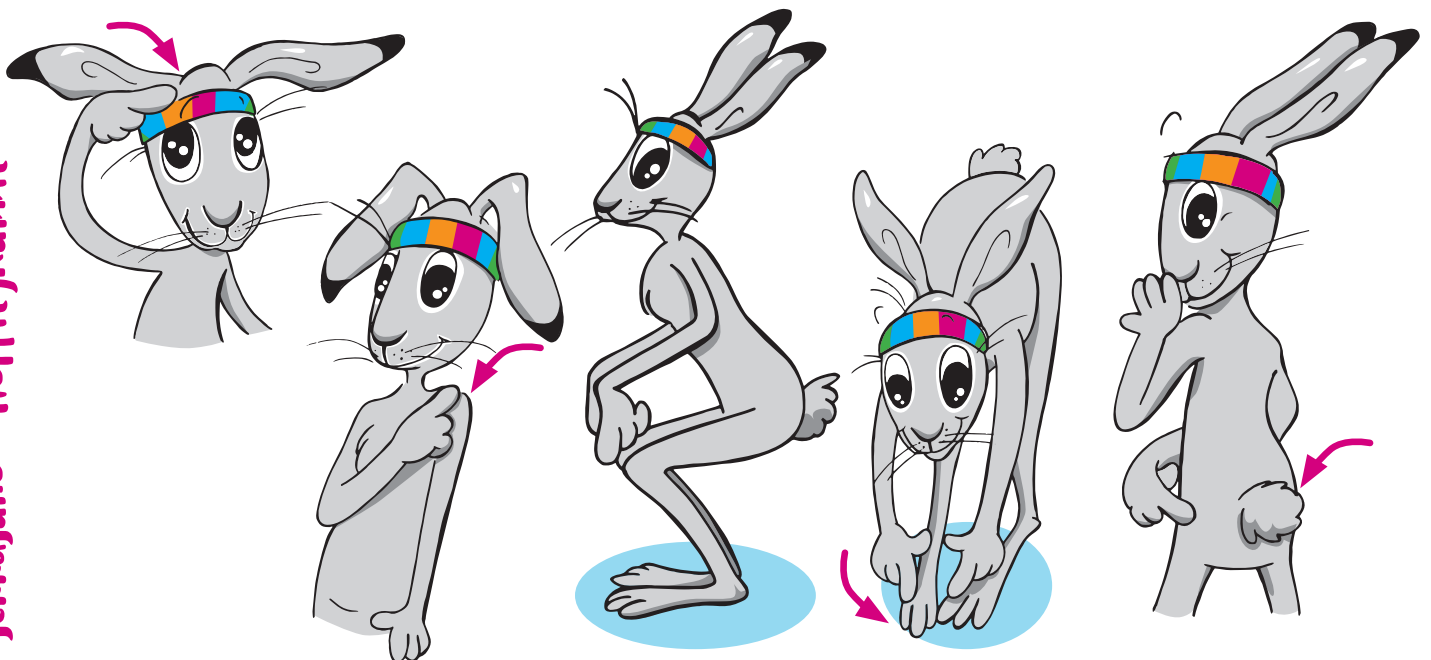
Move actively in the chosen play area. Touch as many different objects as possible with the body part named by the adult (for example tree, swing, rock).

With younger children, do the task together while the adult shows how.

Examples:

- Touch trees with Hoppity Rabbit's nose
- Touch rocks with a paw
- Touch the swing with Hoppity Rabbit's tail

The adult can ask the children to move like Hoppity Rabbit in different ways: hopping, running, or jumping. Children can also suggest which body part to use and what to touch.



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DID YOU KNOW?

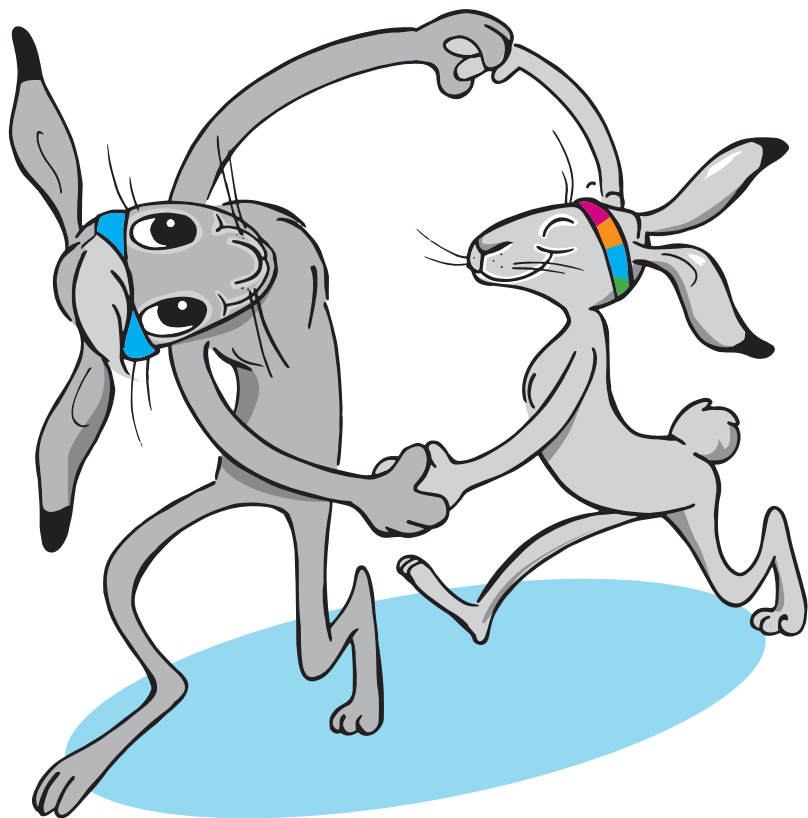
Young children learn about their environment, their own body, and their skills by trying things out and moving.

Interesting objects in the environment invite children to move more and, as their skills grow, they dare to explore even more.

HOPPITY RABBIT SPINS

Spin around and roll on the ground alone and with others in as many ways as you can.

Count how many ways you can spin and roll.



DID YOU KNOW?

Spinning, somersaults, and rolling are good balance exercises.

Rolling gives important sensory information to the whole body and builds core strength and control. These skills help body awareness, movement skills, and even drawing and copying letters and numbers. Spinning and rolling are also fun!



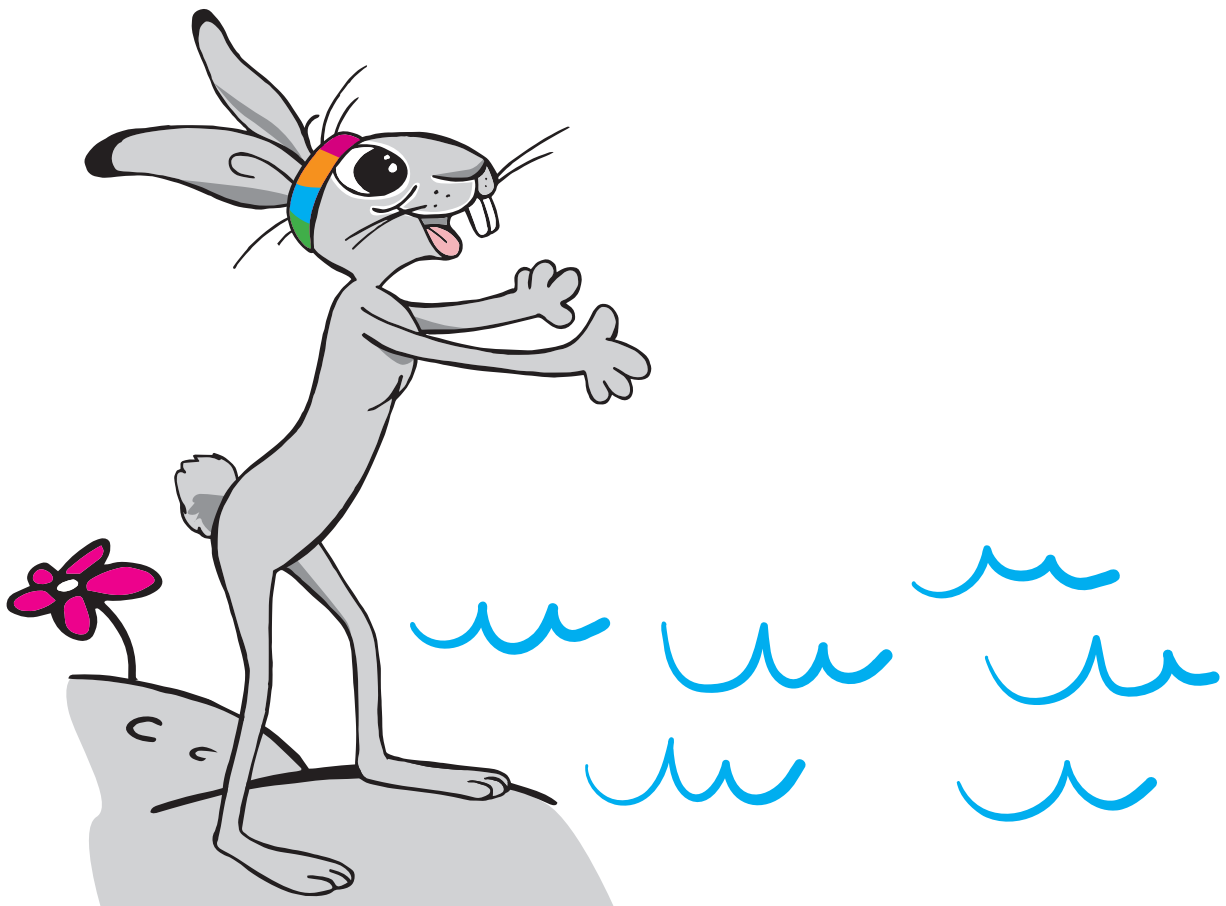
FLOOD GAME

Tell the children that there is a flood in Hoppity Rabbit's forest and Hoppity Rabbit does not like wet paws.

Children run freely until the adult shouts "FLOOD!". Then everyone runs away from the "water".

Children are safe when their feet do not touch the ground.

When everyone is safe, the adult shouts "FLOOD OVER!" and the running starts again.



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DID YOU KNOW?

Adults are responsible for creating good play environments, starting play, and being present. Shared active play with a safe and encouraging adult gives children a great chance to learn new skills.

HOPPITY RABBIT'S BALL SCHOOL

Practice ball skills with these tasks.

Carrying the ball

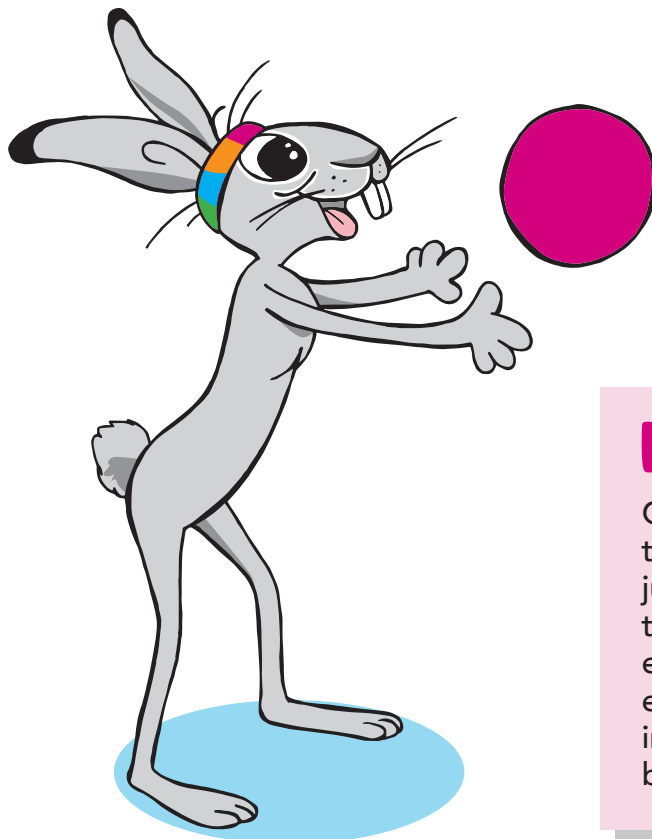
- Hold the ball with both hands.
- Move around the area in different ways. The adult says how to move: in a squat, on tiptoes, backward, or sideways.

Rolling the ball

- Roll the ball on the ground to a partner.
- Roll the ball into a goal.

Throwing and catching

- Throw the ball forward, up, backward, and to the side.
- Practice catching your own throws. First let the ball bounce and then catch it. When that feels easy, try to catch it in the air.



DID YOU KNOW?

Children should have access to physical activity equipment just like toys. A ball is one of the most important pieces of equipment for a child. Children especially need practice in throwing, catching, and bouncing.

HOPPITY RABBIT'S ACTIVE MEMORY GAME

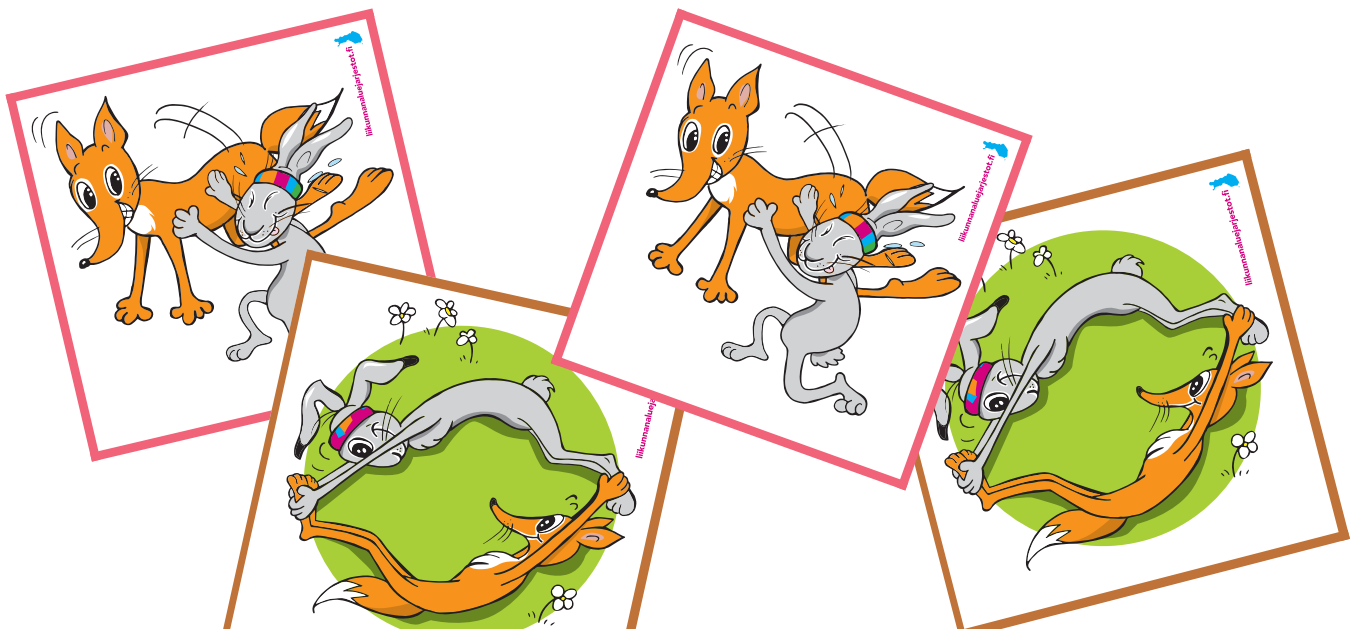
Hide matching pairs of Hoppity Rabbit memory cards outdoors. Each child gets one card and looks for the matching card. When the pair is found, the children bring the cards to the adult and do the movement shown in the picture. Then the adult gives a new card.

Children can also search for cards in pairs.

Make it easier:

Search for the pairs together as a group. When a pair is found, do the movement and then look for another pair.

At the end, the children hide the cards for the next group.



DID YOU KNOW?

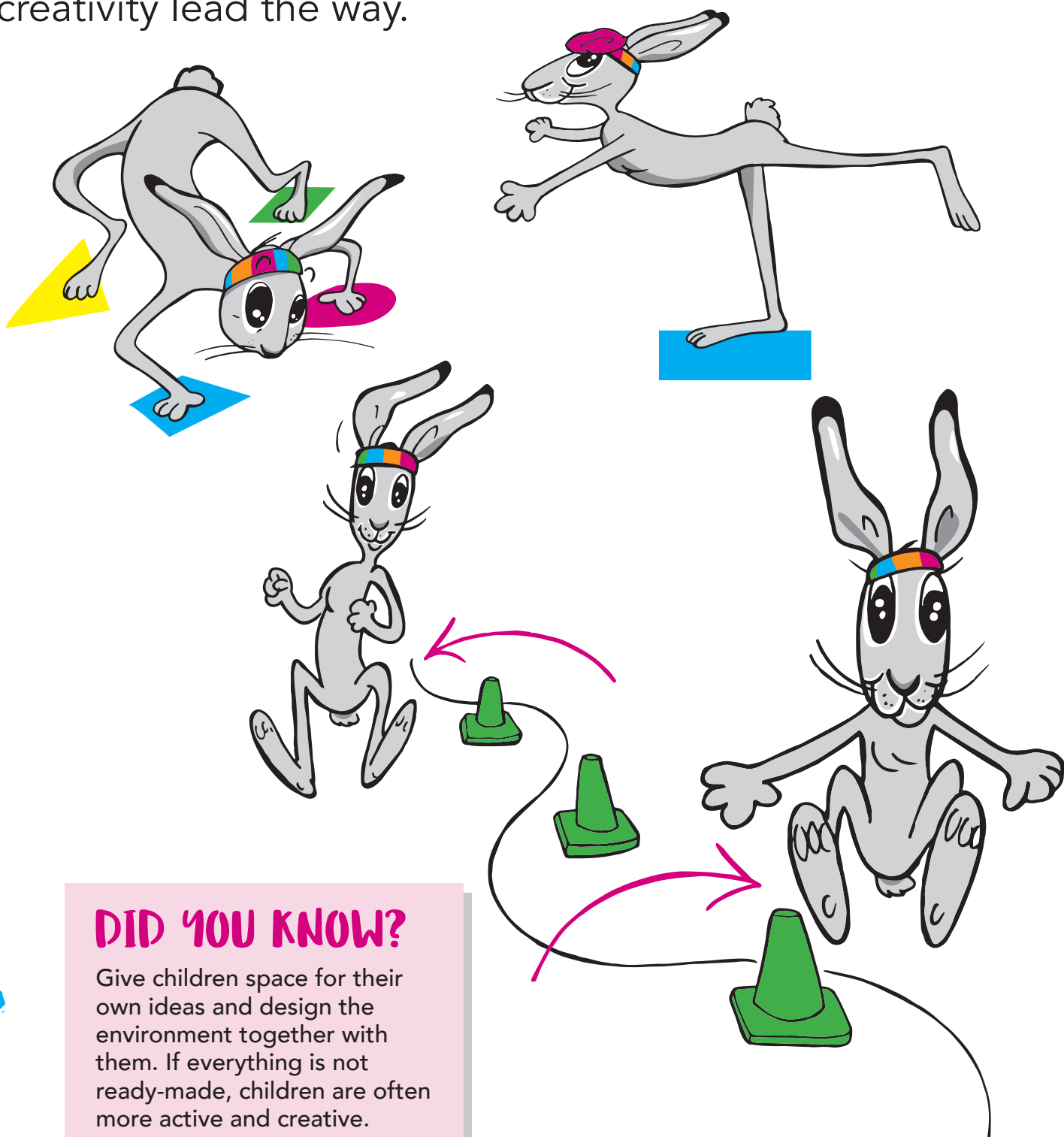
Moving the body activates the brain and supports memory, attention, and learning.

Learning is often best right after energetic physical activity. Even two minutes of energetic movement can help learning for about 15 minutes, and 15 minutes of movement can help learning for about 45 minutes.

OBSTACLE COURSE

Build an obstacle course with the children using sports equipment and things in the environment.

Look at the surroundings with "new eyes" and let creativity lead the way.



DID YOU KNOW?

Give children space for their own ideas and design the environment together with them. If everything is not ready-made, children are often more active and creative.

CAR DRIVING GAME

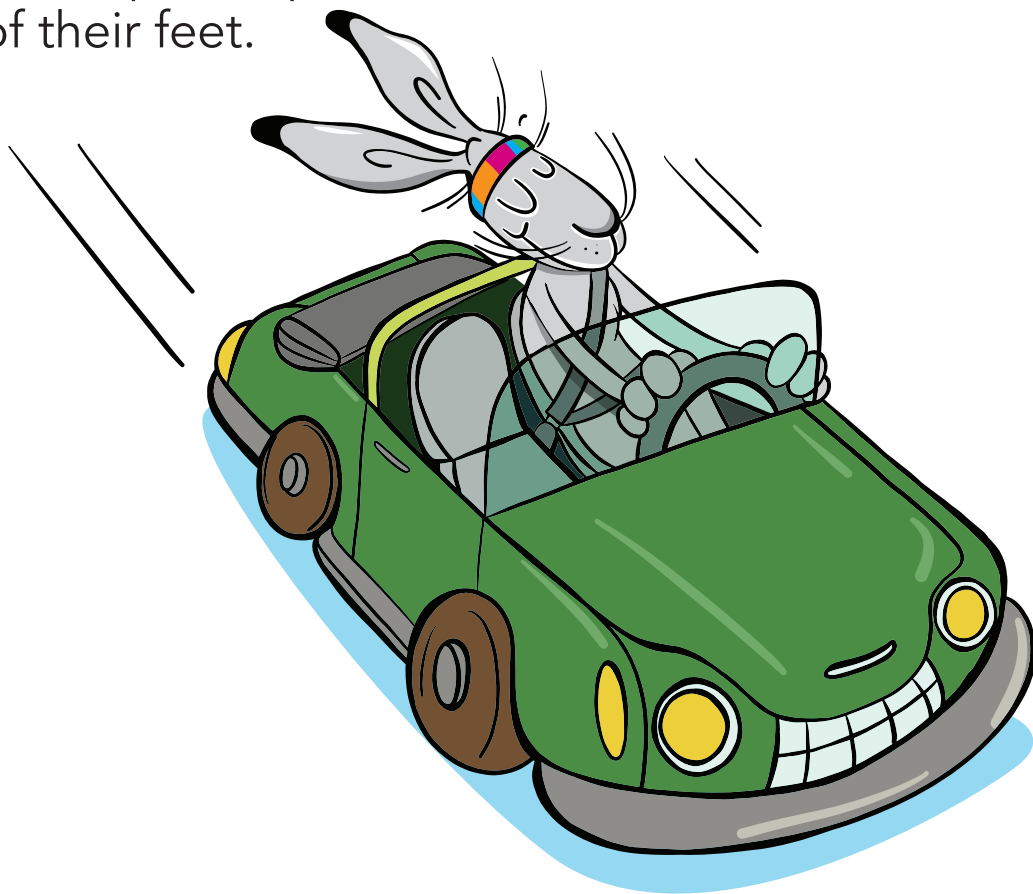
Children pretend to be cars and “drive” around the yard by running.

The adult calls out different colours and shows a colour card. Children move according to the colour:

Green: cars drive

Red: cars stop

Blue (police car): children lie on their backs and lift their legs and hands up. The police check the “tyres” by shaking the soles of their feet.



DID YOU KNOW?

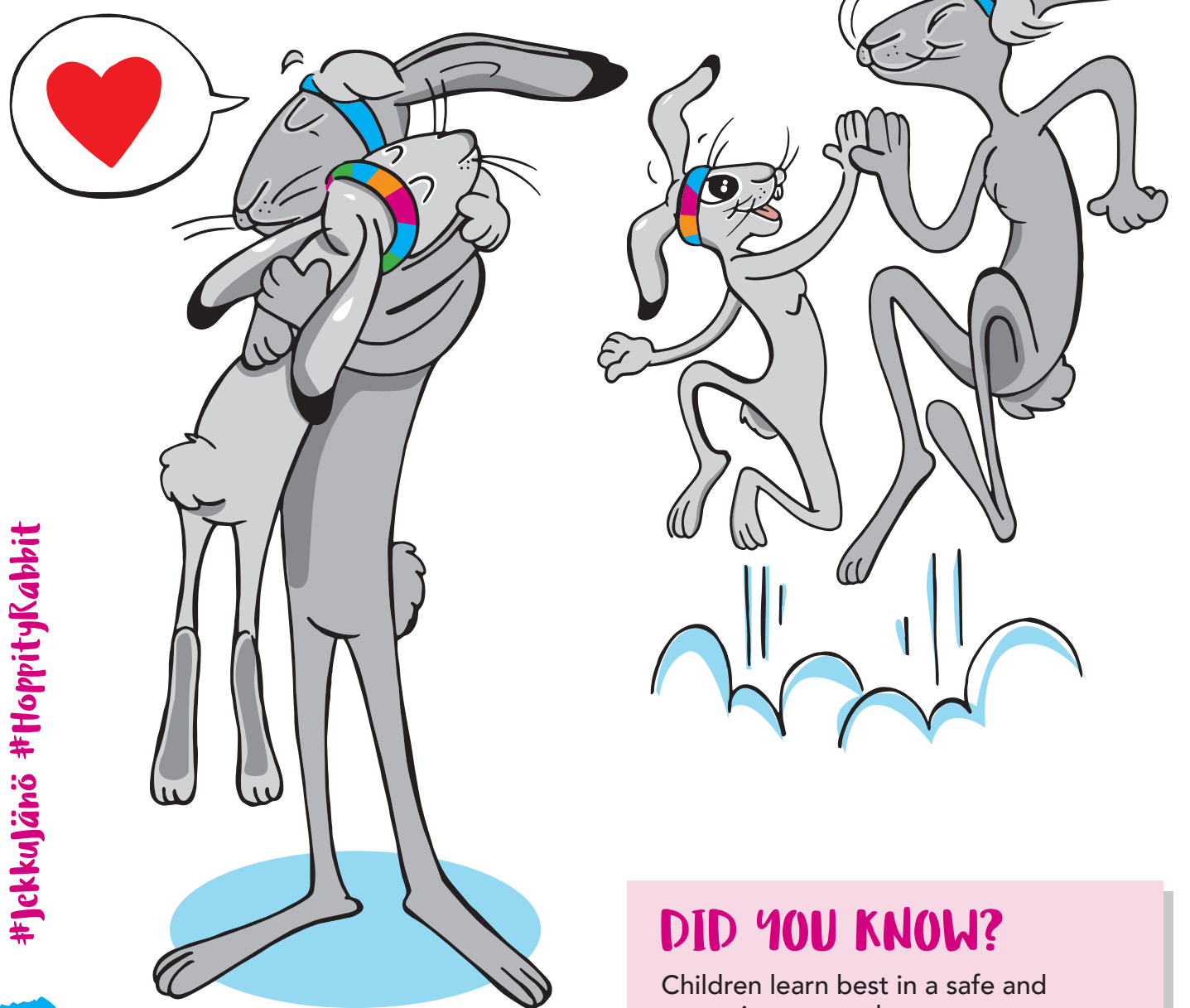
Active games help children develop self-regulation skills. Games require them to keep attention, remember and follow rules, and control automatic reactions.

Because play is enjoyable, children are motivated to practice these skills again and again.

POSITIVE FEEDBACK

Hug the children or give them high-fives and say something positive to them.

Children can also hug each other and say something nice about their friends.



DID YOU KNOW?

Children learn best in a safe and accepting atmosphere. Accept the child as they are, encourage them, and give positive feedback also for trying, not only for success.