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**Physical Activities for Young Children****Bend and stretch! Walk and run! Jump, jump, jump!**Whether you have a place to safely play outside or you are mostly inside, we want to share some ideas to keep your children active and healthy.**#TalkReadSing and PLAY together!**Take care of yourselves-- and each other. **LOVE from First 5 Marin**Indoor Activities**5 Best Kids Yoga Videos on Youtube -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_iztMW3PZX8iQoWnuyNzAYnzmtYdNclNa7orlLL7T8HHdCSYnmu3_Jp4kGVLvgBck6IDzmb-nXvQ_-XS5CPUGbJwmbqe_0vB72Oc5sh43kKoHIOgS_xSBbJy-XTRHnXzPqEyqQYrrdgo=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**25 Surefire Indoor Play Ideas from a Preschool Teacher's Bag of Tricks -**[click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6p19j0xxg4Hx0XOa9mhtNUnIUGHor7dLGamXIUze94_ef0uNRHmL-6rvO-y4od-ne0YviUeaX_gFaKpcwgCnyMx3n7CrIDfib9b2Me1l40PK2T47UgmLC9ZwbGZ2OeAdqV5inCF-RDE7pSMbOk3oUmrDAPQ9GdJgXlj1IIWMEESk&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**Hundreds of Indoor Activities for Kids Under 5 -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_KAwB-6P_J4dZNnDZ6TRKrn3aPulOKHNMrSHw_mQWtX3g3mEH4wxRD7OgYdKqqsD41drWu-LGStfOMKuliLHWrrJpvvdKfCV1aij2Acbs5klrw58enfhzjA==&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**87 Energy-Busting Indoor Games *&* Activities For Kids (Because Cabin Fever Is No Joke)** - [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_iOCYKNSicurHaELJ5s8MIVnkBpMHU0etXM68h0yflzF9UnsXx1KRxEWolZKlkD995oyoozPSc14bA4p4ixbe8yzmzx9OViI5SVM1Y7MOP4MdscduAgFL4LoMgQgRTmBwPZoGWdAdDBNZtab4etZ4Hlq4yiSJOq8GSHrUkcaflEI=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**30 FUN INDOOR RECESS GAMES FOR PRESCHOOLERS**[click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_ZkIaZSDTOa7qNLk0Pl1e-gHlcarMSC1XoXeCTZToMKXvc2UW70U_i95Te4NhoIow5A8cNaNngvfopGsIpKsUNojm0xNhYsDonCOk8mw-s18bTaLssH2VfgDjdSyn5A1m2cKVrZiywZaRWUqAe-nXoZfC68WRykG1&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)Outdoor Activities**7 FUN & SIMPLE OUTDOOR ACTIVITIES FOR KIDS -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6l-5lLIWYh_crWywx30nq_PTffJbhGc1pfK0dJBGg07WBLiRkWvXQX4Hhv9OCeRH0mWt1om-SNtSWKjvhmlWNFQCqOC6mYlsNi6uTCsRnV7k3Imt4eX56vrGLYLgrsdYDsYgjmYdJ1P-ER1so6fBDlBKDp9G0yNsSOOphJC_pmdO&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**50 SIMPLE OUTDOOR ACTIVITIES FOR KIDS -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6l-5lLIWYh_cGON5IBO2oXzZhvvzW-iBG0gGJfdlXDklIJGUDXppgzYi2klfImkDIT3o61FIEHX3v9SMlssTTrXTEntZlqtgwI5K5J_c8m7FRnbzGV_mvLlgI81VPhpBBHtJ3xXlDC3caCHHrBHcwqILdEIxO3x5MpSMQJcGPQWldw2tB0euYNA=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**20 FUN OUTDOOR GAMES FOR PRESCHOOLERS -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_chZi7tWxzN8wFKq-ds68ysvpz7mR6NE_AQhEf4heqXQ-36KvEUkVRMOD8IVDNizassie6tnDtuz0ZE7fLhFO31kjSCCJyWHLbRE5ol7hTzsJpOS2mksbncXd441cXuus4hUxV1Ajw_YxraSODPgJ2Q==&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**6 Easy and Simple Exercises for Kids -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_GOW1XAZD6p8jVw4oYwZd1xso-QwK41lEe28ZMneu6BC0_esxeFhY5r65HRe2E809bihBUyVsgnD5-xPAEz8HLjcsuv8d-GHjqBXiNVzQzxNWxNnAvNCRatByuKeGmhi_&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**31 Outdoor Activities for Kids -**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6vYFz3D54ZP_FSaaRi1pnHfk4iVSP8-TpaGk2K2hxOrZWpPiWGlcDP9afQZ-rHPRDReFimLunhB6_j9dpeQKtFrBlrQPHbDtqnTDGqZy6EIEjjOCPUMo4WVzMNXZgHsfvvr_cmRS--XxE3i8TVvWyIJVvXYlGHgGQ4zPUSRbbdbV&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)And MORE Activities - *re-sharing!***Indoor Gross Motor Skills for Preschool and Kindergarten**[**click here**](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwJGdkBvT1v9UERZSnfXvReioXvzxnCVkNFJEgzuaFI4hNoeVL379JgunaVV7P7fmBi7F1vSqCIEmB9VijD1SPcgyg9XTuRB_kPeojDYD8igzhbbgMA2GXcVOvgD88RCDGaeNsdqG3xok=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**﻿****In-Home Activity Trail**- customize and add new exercises or challenges along the way - [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwZkaqRlzUuPAGFvsuMAspFV7zn_CWh9Si1Ttv04ItVThL7m-ew-OO7zoNHFMe3ScJ6Kejr1Qch69F-57fFXE1B0NC0mei5htR7Ej7HO4T2jHxbvyAiiaso3nWd5l7iYIV9c_1g1hoRLOukded2pvu0uz5rl1t2iWA&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**Yoga Poster for Kids**- do what the frog is doing (thanks to MCOE for sharing!) [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjw_mWYeQARno3YVSH3k78DjOit_SDuvk6WC4-CSCv6b_4qKp98bNJgR04sFq5iL34OFikzXphF2-VJybbCM77YVZ-umH-tQdnpWDUCfTIBYHnsjwjfdxWE0JsfJhpqa-1O2pNLZaKqrP6BU824dDqpeVwh4LGduv9EzAZPAqc91DZ8Dians0ZeoJokF7qZ9gJQ&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**49 Activities to Do with Kids 2 to 4**- [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwFfYM9TUfqUIGo9f_YyZG7SUIFa7hmu0ncclk3UmAX12LsNABQndnJ8eKX-GQVCXd-D96Zt_r4-vvkHPaA-dbQ-uPpkvfu6Ay4-Ty2ZO70NflccifuacF5GMAkxAokK2m5SdeT4qZHmzFF-0l1pMdntBLeFQ0361T&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**Physical Activities from Active for Life** - [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwd37f4Yr-jkQrp34eWq9fZxk9L9PjJeU7JL2mxitIhblfnF0FKj3lqUu-DGis_lYxCgLjJHMlKm4NwUD2MzvgiNKwnbdiCzx0Vk_3bNH2Bvo=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**Recipe for an Active Year**(Print the poster and check the boxes...you might run through these in the next few days!) - [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwXyPcQQv3KpYF_sgmutOv9nBlMX9E7yFjan1aO0-rfrk4X2MjfM8s7eTtNwTZOqqH2j85q9O9jKIXXS8mqK35raV5PgPg-YOkqn4Y9px-lE9zXZeP5Xg1SMdZn-m57rHvXWZ1i3CyKiokVOnN7vF8-5GYwd7ngf0oK0QKmanzHnM=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**12 Physical Activities for Toddlers and Preschoolers**- scroll way down! - [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwWmgW2KQS9JGXDdJSAOdyVgXJh8NcBqIfYJI2hlAaeBj778cvEW3we8u9XJuwZcYqfnBe-eI_3p_xUJcFuI_9ADayxi0n-GBniqR56E9YrkiAgVfVZ2JxJi7-pqxox2hGcxcUR-TNmNv0Z0l7kjpt8dsV8q_3V3eNmJzGvp17Mro=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**Gross Motor Skills for Kids Who Like to Move!** - [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwdBPT-HV1HwjTkz1x4JlkOyci5zQZIe1LayFOCIrkDSnzaPHEHElavOdHebLfFb5OxR05XLdYVS74nmDzlpxcBYiFoY7H_NWuxE3AKQzZpK3RsErr8ZEWHw_PRkri2KNKCMqWTdyksps=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)**25 Exercises and Indoor Activities for Kids**- [click here](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6qn1l05PBCjwrIe-7WFVZ0UTBv_-tQHgq98wZYCgKFdVXJ1dNE-CgeqjJqLpfpMjyd_J89yNkyEfxIIQZwVTjm3IyRm_Aal28PqAgt3kwdNPS1j4IPRHoajyoYELXKti9wdXgmz724y-1mNwUUvwEucXR0Vr9Ct1Wp4iadPKw9ma_8z52EMTAq8=&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==)[If you have some ideas to share, please visit our Facebook page and post in comments or send a message OR email your ideas or any links to Michelle@First5Marin.org.]\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***#TalkReadSing and PLAY together!****\*\*\* First 5 Marin offices will be closed for the near future**, but staff is available-- and we will be communicating by email and on Facebook. Follow us at: [www.Facebook.com/First5Marin](http://r20.rs6.net/tn.jsp?f=001yVBSBvSMHfJIIu74BD1WSP1CMMpdozlzv0i_3T2v1WSfu78MAdcm6q5VQ9umtZ9qliz9zCoyq-sX9RlxHP89GLWhn_2r6pfgiqavestOLjgIVW2zLXHWxQciyDAh9825efLtkXruDzg1W9qzoUSIljQqXBSxzMZL&c=6krVyUFxP74wEa3oS5LuL5fYcg5uu4MHlbZqmwmuQMLtpj4flXRkYA==&ch=1vkmfHn2bphRp2KQVTFcwEmcj5IAxCzb7ZDKiioy5yhgYuUtRX9-TQ==).**Email us!**Amy Reisch, Executive Director - Amy@First5Marin.orgMichelle Fadelli, Policy and Communications Manager - Michelle@First5Marin.orgSusanne Kreuzer, Help Me Grow Marin - Susanne@HelpMeGrowMarin.orgMaritza Barahona, Help Me Grow Marin - Maritza@HelpMeGrowMarin.org |

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