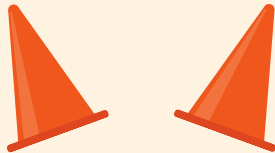


# Physical Activity in Small Spaces

## Tips for setting up your small space for success

Try to use what you already have to create designated movement areas:

- Poly spots
- Cones
- Rugs
- Space behind a chair
- Personal bubble



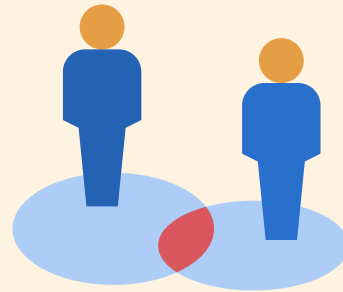
## Safety Considerations

**Boundaries:** Setting up boundaries before you start the activity is very important to ensure safety while moving in small spaces.

**Personal Space:** The “personal bubble” is a great way to demonstrate personal space. Children can spread their arms out to the side and ensure they are not touching any other children.

**Start/Stop Signals:** Ensure that you review start and stop signals when introducing the activity.

**Modeling Movements:** Before starting an activity, the provider should demonstrate the movement, task, or skill to provide a visual learning opportunity.



## Start/Stop Signal Ideas

- Music - turning music “on” to start activity and “off” to stop it
- Use specific words like “start”, “stop”, “go”, “freeze”
- Countdowns (“3, 2, 1, play”)
- Visual signals - arm movements (raised hand), colored signs (red for stop, green for go), or sign language

