



BOKS Bursts for Child Care Child-Led Activities

BOKS Bursts for child care settings were created to help young children stay active throughout their day. BOKS Bursts take into consideration young children's readiness to learn and practice new movements as they develop and grow. Children enjoy movement. Give them many opportunities throughout the day to practice movements while also keeping their safety in mind.

Active Kids = Active Minds

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For more information, or for resource materials to support the promotion of healthy eating and physical activity, call the Ottawa Public Health Information Line at 613-580-6744 or call toll-free at 1-866-426-8885, TTY 613-580-9656. Visit us online at OttawaPublicHealth.ca or e-mail us at healthsante@ottawa.ca

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You and those you engage to implement the program assume all risk of liability associated with implementing the BOKS program at your child care setting or early learning facility.

Developmental domains

Active play helps young children learn and supports their growth and development across all the developmental domains. Give young children many opportunities for active play every day.



Gross Motor (GM)

It is the ability to control large muscles to develop balance, coordination, strength, stability and body awareness, such as climbing the stairs.

Fine Motor (FM)

It is the ability to control and coordinate small muscles for daily tasks, such as using hands and fingers to pick up a ball.

Language (L)

It is the ability to develop language, communication and literacy skills, such as the ability to express thoughts through sounds, gestures, words and word combinations.

Social and emotional (SE)

It is the ability to develop social and emotional skills, such as relationships with others, a sense of self, self-regulation, cooperation and empathy.

Cognitive (C)

It is the ability to think, reason, gain knowledge, and understanding of the world, such as expressing ideas, problem solving and recalling memories.

Child-Led Bursts

Child-led Bursts are activities that allow children to take the lead in active play. Child-led Bursts allow children to be creative and make decisions about how to participate in active play. The caregiver role in child-led active play is to supervise, encourage, and enhance the children's active play.



An example of child care daily plan

Time of day	BOKS Burst activity
Indoor play	Music and movement
Outdoor play	Bubbles, bubbles, everywhere!



Mountain climber

Movement Skill

Balance

Developmental Domains

GM; SE; L; C

Materials

Cushions

Burst

1. Pile cushions in a safe spot in the middle of the room.
2. Explain to the children that the pile of cushions is a mountain.
3. Allow the children to take turns climbing to the top of the mountain.



Woolly maze

Movement Skill

Balance

Developmental Domains

GM; SE; L; C

Materials

Wool, tape

Burst

1. Tape lengths of wool from one side of the room to another at a variety of heights to create a 3-dimensional maze.
2. Allow the children to navigate the maze by stepping over and crouching under the wool.

Harder: Ask the children to carry an object, like a ball, through the maze.



Walk the plank

Movement Skill

Balance

Developmental Domains

GM; SE; L; C

Materials

Wooden 2 x 4 plank

Burst

1. Place the 2 x 4 plank in an area that is soft like the sandbox or grass.
2. Encourage the children to walk along the 2 x 4 like a balance beam to practice their balance.

Variation: Place 2 or more wooden 2 x 4 planks in the grass or sand to create a boardwalk for the children.



Hit the target

Movement Skill

Throwing, kicking

Developmental Domains

GM; FM; L; C

Materials

Balls in a variety of sizes, a piece of cloth approximately 1 metre by 0.5 metres to use as a target

Burst

1. Tie or tape the cloth to a wall or a fence.
2. Give each child one or two balls.
3. Ask the children to try to throw or kick the ball to hit the target.

Variation: Place children closer or farther from the target as their skills allow.

Variation: Make the target smaller as the children become more skilled at hitting the target.



Rainbow run

Movement Skill

Running

Developmental Domains

GM; L; C

Materials

Strips of coloured ribbon or coloured scarves

Burst

1. Give each child a few strands of ribbons or scarves tied into a knot.
2. Ask the children to move, spin, and run so that the ribbons/scarves flutter around to make a rainbow.



Music and movement

Movement Skill

Various movement skills

Developmental Domains

GM; FM; L; C

Materials

Music player and a variety of music

Burst

1. Play different types of music like slow and fast, instrumental, and sing along songs.
2. Ask the children to move to the music in whatever way they want to.
3. Change the music from slow to fast, from instrumental to sing-along songs, and encourage the children to move differently to each type of music.

Variation: Give the children musical instruments and allow them to make their own music and move to their own beat.



Taking a ride

Movement Skill

Balance

Developmental Domains

GM; C

Materials

Age-appropriate ride on toys

Burst

1. Provide the children with access to a variety of ride on toys.
2. Allow the children to push and pull the toys.
3. Ensure that children have access to safety equipment (such as helmets for tricycle riders), if required.

Variation: Draw a road using sidewalk chalk on asphalt surface. Allow the children to ride their toys along the road. Draw stop signs and crosswalks and teach the children about road safety, like looking both ways when you cross the street.



Push, pull, play!

Movement Skill

Running, balance

Developmental Domains

GM; C

Materials

Age-appropriate pushing and pulling toys

Burst

1. Provide the children with access to a variety of pushing and pulling toys such as wagons and toy strollers.
2. Allow the children to push and pull the toys.

Variation: Create a maze with tape on the floor and ask the children to push and pull the toys along the maze.



Let's play ball!

Movement Skill

Throwing, catching, balance

Developmental Domains

GM; FM; C

Materials

Balls in a variety of sizes and textures

Burst

1. Use a large indoor or outdoor area that is an open space.
2. Provide the children with access to balls in a variety of sizes and textures.

Variation: Allow the children to roll, throw, and kick the balls around the space.



Chalk

Movement Skill

Running, jumping, balance

Developmental Domains

GM; FM; SE; L; C

Materials

Sidewalk chalk

Burst

1. Draw mazes, lines and hopscotch boards on an asphalt surface where it is safe for children to play.
2. Encourage the children to take turns following the maze, jumping over the lines, playing hopscotch.
3. Be creative. For example, draw roads and ask the children to drive on them with their ride on toys or bounce a ball while walking along a line.

Variation: In the summertime, ask the children to carry cups or pails filled with water along the maze.



Bubbles, bubbles everywhere!



Movement Skill

Running, balance

Developmental Domains

GM; FM; L; C

Materials

Bubble solution and bubble blowers

Burst

1. Blow bubbles for the children.
2. Ask the children to chase the bubbles and pop them or try to catch them.

Variation: Allow older children to take turns blowing bubbles.