



BOKS Bursts for Child Care Transition Time 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.

Transition Time Bursts

Transition Time bursts are quick and easy activities that you can do anytime. Use Transition Time Bursts when the children are waiting to go outside, before a meal or snack time or after circle time.



BOKS says

Movement Skill

Running, jumping, balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out facing you at the front of the room.
2. Explain to the children that the object of the game is to do what “BOKS” says to do.
3. You are “BOKS”.
4. Call out different movements to keep children moving. For example:
 - BOKS says run
 - BOKS says hop
 - BOKS says stand on one foot
 - BOKS says spin around
 - BOKS says chase me

Variation: Make the game harder by telling the children that if you do not say “BOKS says” before the movement, they should not move.



BOKS says: In your chair

Movement Skill

Balance

Developmental Domains

GM; L; C

Materials

None

Burst

While the children are sitting in their chairs waiting to begin a seated activity such as snack time or craft time, lead them through these activities while they stay in their seats:

- Stand up
- Sit down
- Turn body to the left
- Turn body to the right
- Reach arms high up to the ceiling
- Put right leg straight out
- Put left leg straight out
- Stomp feet on the floor



Take five for fun

Movement Skill

Various movement skills

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out around the play space.
2. Pick a few movements for the children. For example:
 - March in place
 - Hop on one foot or on both feet
 - Spin around
 - Stand on one foot
 - Free dance
3. Call out one movement at a time.
4. The children must do each movement until you call out a new movement.



Kangaroo hop

Movement Skill

Jumping

Developmental Domains

GM; L; C

Materials

None

Burst

1. Line the children up at one end of the play space.
2. Explain to the children that when you say “Go”, they must hop like kangaroos to the other end of the play space.



Loud and quiet, fast and slow



Movement Skill

Balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Ask the children to stand.
2. Ask the children to:
 - Stomp their feet loudly. Stomp their feet quietly.
 - Swing their arms quickly. Swing their arms slowly.
 - Clap their hands loudly. Clap their hands quietly.
 - Spin around quickly. Spin around slowly.
 - Free dance.
3. Call out one movement at a time.

Ocean burst

Movement Skill

Balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Explain to the children that they are swimming through the ocean.
2. Have the children make a swimming motion with their arms.
3. Explain that as you name different things that can be seen in the ocean, they must move like those things. For example:
 - Be a starfish – have the children stand with their legs wide apart and their arms out to the side.
 - Be some seaweed – have the children stand tall with their arms toward the ceiling swaying with the waves in the ocean.
 - Be a clam – have the children crouch down into a ball.
4. Be creative. Create movements for as many sea creatures as you like.



Nature burst

Movement Skill

Balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Explain to the children that they are things we find in nature.
2. Explain that as you name different things found in nature, they must move like those things. For example:
 - Be a seed – have the children crouch down into a ball.
 - Grow like a flower – have the children stretch up to stand tall with their arms towards the ceiling.
 - Move like the wind – have the children sway back and forth.
 - Be a tree – have the children stand tall and still.
 - Be a thunderstorm – have the children stomp their feet.
3. Be creative. Create movements for as many things found in nature as you like.



Songs for active transitions

Movement Skill

Jumping, hopping, balancing

Developmental Domains

GM; L; C

Materials

None

Burst

Here are just a few examples of songs that will keep children moving during transition times. Teach children the movements to these and other songs.

- If you're happy and you know it
- Pop goes the weasel
- The Hokey Pokey
- Head and shoulders, knees and toes
- The ants go marching

