Try-It Activity Cards

Pick-a-Card Activities

6 first activities worth trying, from the AAP's own list for this age.

For: _____

Pick any card, any order -- this is about trying, not finishing a list.

No winner, no ranking -- just a start for figuring out what your child enjoys.

1



Swimming

A parent-child class or just splashing around -- water comfort comes first.

INDIVIDUAL

2



Beginner Tumbling

Rolls, balance, and soft mats -- about trying, not performing a move.

INDIVIDUAL

3



Dance

Copying simple moves to music -- no steps to memorize yet.

INDIVIDUAL

4



Basic Soccer

Kicking a ball around with friends -- positions and rules come later.

TEAM

5



Basic Martial Arts

Simple moves and listening practice -- not sparring yet.

INDIVIDUAL

6



Skating

Balance and wobbling on wheels (or ice) -- falling down is part of it.

INDIVIDUAL

There's no rush, and no wrong first choice.

Most kids try a few things before one of them sticks -- that's the point of this list.