

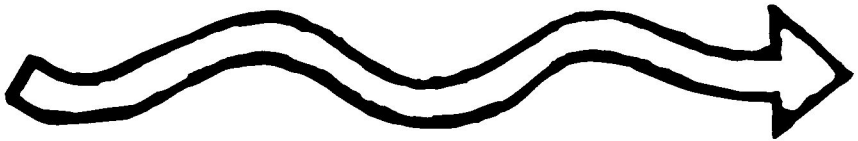


# HANDOUT

## 1-4-4

# SIX DIMENSIONS OF HEALTHY ENVIRONMENTS FOR CHILDREN: HIGH MOBILITY-LOW MOBILITY

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climbing, jumping  
High Mobility

blocks, Lego™

listening to a story  
Low Mobility

This dimension characterizes activity settings according to the amount and kind of movement they encourage. Children use their large muscles for high-mobility activities such as climbing, running, jumping, and riding bikes. Activities that require sitting still, such as listening to a story or doing puzzles, are low-mobility activities. Indoor block play and dramatic play require moderate mobility.

The need for different levels of activity varies from child to child and depends partly on time of day. Some children coming to a program at the end of a school day are bursting with energy and need a place to run, bounce a ball, swing, and climb. A few come to the program exhausted from their day in school and need an adult's lap and a good book. Others seek a moderate level of activity.