



## **HAPPY, HEALTHY, ACTIVE**

Active children are happy, healthy and they sleep better!

### **WHY IS PLAYING AND BEING ACTIVE SO IMPORTANT?**

- It encourages your child to explore and try new things.
- Activities help your child grow and develop – both physically and mentally!
- Playing teaches creativity and imagination.
- Activities help children learn about words, thoughts and feelings.

### **TRY THESE ACTIVITIES WITH 1-2 YEAR OLDS:**

- Body Part Follow the Leader – Point to body parts and repeat each name to help your toddler learn.
- Jump, Jump! – Teach your child to jump by grasping her hand while she tries jumping from low steps or curbs. Help her learn to land on both feet and bend her knees before jumping.
- Pushing and pulling activities – Give her a wagon or a big cardboard box to push or pull.
- Blow bubbles – Chase the bubbles in the yard. Jump for the bubbles and try to pop them.
- Dance to music – Play songs and dance around.
- No equipment required! – Jumping, hopping, running and walking are always good activities for your toddler.



As your child gets older, how she plays changes. She will become more creative and want to experiment with new toys, games and ideas. Allow her to do activities that encourage development.

## **TRY THESE ACTIVITIES WITH 3-5 YEAR OLDS:**



- Play band – use wooden spoons to bang on pots and pans. Stretch rubber bands over empty tissue boxes and pull on them to play guitar.
- Helping activities – she can help you make beds, pick up toys, carry laundry, set the table and grocery shop.
- Outdoor activities – let her learn to: ride a tricycle, swing a light bat, hit a ball and use sidewalk chalk.

Get outdoors! Kids like to take part in family activities. Go for a walk, throw a soft ball and play hide-and-seek for family fun!

