

An Hour a Day to Play!

Children need at least 60 minutes of physical activity each day.

Here are some physical activities that you can do with your children....

ACTIVITIES FOR YOUR TODDLER:

- Play games with songs, like Ring Around the Rosey.
- Throw and kick balls that are about the size of a small melon.
- Do chores together, like sorting socks.
- Take a walk outside to spot different things, like flowers, buses, and bikes.



ACTIVITIES FOR YOUR PRESCHOOLER:

- Play games, like Hide and Seek.
- Allow your child to help with chores, like vacuuming or sweeping.
- Take a walk to a store or playground.
- Dance to music when you're indoors.
- When going out, choose trips to places you can walk, like parks or the zoo.