

# An Hour a Day to Play

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.



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

## 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.