

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 TODDLERS AND PRESCHOOLERS:

- Play games like Ring Around the Rosy or Hide and Seek.
- Throw, kick or roll balls back and forth.
- Do chores together, like sorting socks, vacuuming and sweeping.
- Take a walk outside to spot different things, like flowers, buses, and bikes.
- Take a walk to a store or playground.
- Turn on music and have a dance party.
- When going out, choose places where you can walk, like parks, farmers markets, community gardens or the zoo.



Activities for Infants

- Play the Hokey Pokey moving their arms and legs
- Make sure they get tummy time to build strength
- Work on balance by holding hands as they stand or walk