



# Building Active Habits

**Expect Activity:** Children have a lot of energy to burn and need movement! Find ways to let them move their bodies every day. They may sleep better!

**Help them:** notice how good they feel when they move their body.

**Accept:** the action and noise that comes with physical activity.

**Do:** join in the activity alongside your child for exercise and connection. Experience the Joy!

**Reduce:** their screen time.



**Outside Play:** chasing bubbles, kicking balls, making mud pies, skipping rope, painting a cardboard box, balance on a log, toss bean bags, hula hoops, sidewalk chalk, wash a car, scavenger hunt, hide and seek painted rocks, throw a ball or frisbee, stepping stone cardboard hopscotch, roll down a hill, skip rocks on water, hopscotch, jump, spin, crawl, walk, climb, slide, swings, cartwheels.

**Inside Play:** walking on tape lines, blowing bubbles, bowling, pillow jumping, building sheet forts, dance to music, sheet trampoline, crawling under and through opened boxes, bean bag or ball toss, obstacle course, follow the leader, children's action songs, children's yoga, limbo, rolling, summersaults

