

# 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.

*Brought to you by:*