

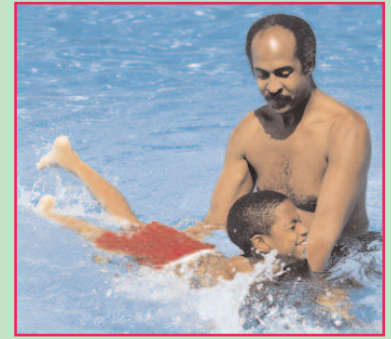
Simple Ways to Help Your Child be More Active

Free Activities to Do with Your Child

Being active with your child can be healthy, fun and free. Have you tried swimming or skating together? These are great activities that your whole family can enjoy. The City of Toronto offers **free leisure swimming** and **free leisure skating** times at different locations across the city.

For more information visit Toronto Parks and Recreation at: www.toronto.ca/parks/recreation_facilities.htm, click on "Skating" or "Swimming"

If you're looking for other ways to be active with your family, check out Get Your Move On at: www.toronto.ca/getyourmoveon



Fun and Active Games

Let your child see how much fun being active can be. Here's a game that can be played either indoors or outside. Instead of just running with your child, choose different ways to move:



- *run like a gorilla*
- *hop like a bunny*
- *leap like a frog*
- *stretch like a cat*

- *walk like a spider*
- *slither like a snake*
- *fly like a bird*
- *gallop like a horse*

Skill Development

Jumping is a fun and important skill that children need to develop in order to participate in future games and sports. Teach your child this rhyme:

*Jack be nimble
Jack be quick
Jack jump over
The candle stick.*



Say the rhyme together and jump together at the appropriate time. You can jump high or far, depending on your child's ability. Teach your child to land properly, with feet apart and knees bent.