

Simple Ways to Help Your Child be More Active

Free Physical Activities to Do With Your Child

Discover the gems of Riverdale Farm as a family! Explore the 7.5 acre farm located at 201 Winchester Street (Parliament Street and Gerrard Street East), open daily 9:00am – 5:00 pm. Create your own discovery walk through the scenic pathways as you and your child tour the forests and ponds, visit with the animals, or chase a butterfly in one of the vegetable gardens. Help your child learn about farming, gardening and nature while being active at the same time.



Skill Development

Stretching

Flexibility activities contribute to a healthy body and encourage children to bend, stretch and reach. Teach your child the importance of stretching by practicing this easy and fun activity together.

Growing Flowers

Use the movement of sprouting to help your child stretch her muscles.



- Both you and your child stand with your feet shoulder-width apart.
- Crouch down tucking your head toward your chest and folding your arms across the front of your body, like the closed petals of a flower.
- Slowly rise to a standing position while unfolding your arms.
- Extend your arms overhead, like a flower that is ready to open.
- Repeat the stretch a number of times, trying to grow taller each time.

(Moving on the Spot, Toronto Public Health, 1999)

Fun Physical Activity Games

Shake Your Sillies Out

Singing and dancing make a great duo! Sing this song with your child and move about by shaking and wiggling your arms and legs:

“Shake, shake, shake your sillies out!
Shake, shake, shake your sillies out!
Shake, shake, shake your sillies out!
And wiggle your worries away!”

You can change the action each time by singing the song with different movements (for example, hop, jump, dance, skip). Have your child move for a count of 30 seconds every time you sing the song.

(Moving on the Spot, Toronto Public Health, 1999)