

Be Active

Have fun with your children:

Children like to play. By playing they learn to walk, jump, and climb.

These activities help them feel good about themselves and get along with others.

You can be active as a family all year round indoors and outdoors.

Here are some fun activities that you can try together. Try all 3 steps.

Step 1



1. March on the Spot

- March slowly on the spot
- Gently swing the arms at the side of the body
- Try to raise knees to waist height
- March for about 30 seconds

Other ideas:

- March in circle, square or figure 8
- March forwards, backwards, sideways
- March in slow motion

Step 2



2. Dance around Town

- Clap your hands while the children dance around
- They stand still when you stop clapping and begin dancing when you start clapping again

Step 3



3. Butterfly Stretch

- Sit with bottoms of feet together, knees bent, hands on ankles
- Use elbows to gently press knees toward the floor by applying gentle pressure on inner thighs
- When a gentle stretch is felt in the inner thighs, hold for 15-30 seconds
- Repeat

(Be careful not to press on or put pressure on knees)