

READY... SET... GO PLAY!

KIDS' ACTIVITY PYRAMID



TURN OFF THE TV & GO OUTSIDE!

Playing outside is a great way to be active and have fun.

EXPLORE YOUR COMMUNITY

plan outings often

visit a park or playground	go ice skating or sledding
find a new trail to walk, ride or hike	visit a museum or library
visit a local farm or farmers' market	participate in family events
join a play group	check out community events

BUILD YOUR SKILLS

aim for at least 60 minutes each day

running	climbing	twisting	throwing
jumping	rolling	marching	kicking
chasing	tumbling	bending	dribbling
hopping	dancing	stretching	bouncing
crawling	balancing	catching	swinging racquets

PLAY EVERY DAY

aim for 60 minutes or more each day

go outside	rake leaves & jump in the pile
take a walk	take care of pets (walk a dog)
help around the house	pick up toys
ride your bike	help shovel snow
help in the garden	make a snow angel
make a fort to crawl in & around	invite a friend to play