**Kids' Activity Pyramid**

**Explore your community**
- Plan outings often
  - Visit a park or playground
  - Find a new trail to walk, ride or hike
  - Visit a local farm or farmers’ market
  - Join a play group
  - Go ice skating or sledding
  - Visit a museum or library
  - Participate in family events
  - 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
  - Take a walk
  - Help around the house
  - Ride your bike
  - Help in the garden
  - Make a fort to crawl in & around
  - Rake leaves & jump in the pile
  - Take care of pets (walk a dog)
  - Pick up toys
  - Help shovel snow
  - Make a snow angel
  - Invite a friend to play

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**Turn off the TV & Go Outside!**

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