

# Enjoy active play, every day.

Kids need active play every day, and there are plenty of ways to keep active at home. Each day, select at least one option from each category below.

## 1. Go play outside

- play hide and go seek
- roll down a hill
- jump in puddles
- build a fort
- get muddy
- run through a sprinkler
- make an obstacle course



## 2. Have fun developing skills

- play beanbag or sock ball catch with a parent or sibling
- practice yoga postures and balance poses
- dribble a basketball or shoot hoops outside
- play sock ball soccer indoors
- throw sockballs into a hamper
- play hopscotch
- jump rope



## 3. Use your feet to get around

- walk
- run
- bike
- scooter
- skateboard
- rollerblade



## 4. Do a family activity

- dance party
- after dinner walk
- geocaching
- bike ride

## 5. Help around the house

- make your bed
- take out the garbage
- pick up toys
- fold laundry
- rake leaves
- garden
- vacuum



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play at home, visit [activeforlife.com](http://activeforlife.com)