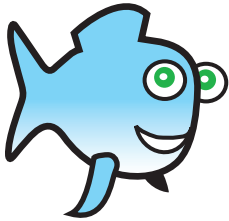


Active Play Every Day!

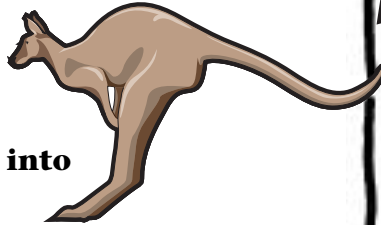
Healthy Kids get into MOTION with Active Play!



Fish in the OCEAN get into MOTION with ACTIVE PLAY

Kangaroos aren't LUMPS, they JUMP for the chance for ACTIVE PLAY

Ants say ACTIVE PLAY makes their DAY!



Do YOU have a NOTION to get into MOTION Every Day?



Idea:

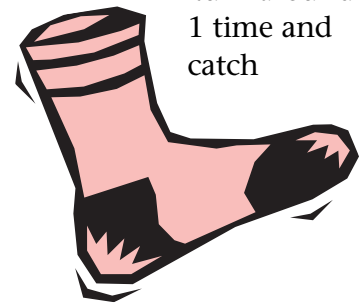
A FUN Healthy ME Way to PLAY

sock catching?

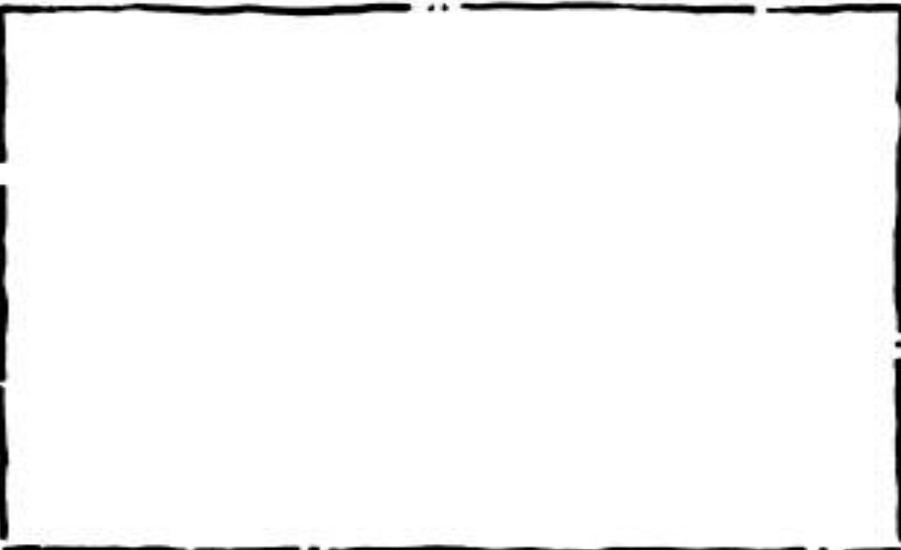
A clean sock of course!

Socks or scarves are fun to catch! Use a long sock to throw in the air,

- clap your hands and catch
- touch the ground and catch
- pretend to play guitar and catch
- turn around 1 time and catch



↓ Circle the ways You like to Play.



↑ Draw a picture of You Playing!

Brought to you by:



Active Play Every Day!



Score a GOAL for ACTIVE PLAY EVERY DAY

Unscramble the letters for ACTIVE PLAY IDEAS
(Answers at the bottom of the page)



1. Juggle a ball with my FEET?
coecsr

2. All you need is chalk and a sidewalk!
pohsoccth

3. Golf without a ball?
iskd lfog



4. Oh, boy is THIS a racket!
entnis

5. Legs are all you need to make this a moving adventure!
kawl



Idea:

An ACTIVE WAY to PLAY

Set up your own "disk golf" course inside! Use yarn to create a circle (or multiple circles if your room is large enough) and use a PAPER plate as your disk! See how many points you can get by tossing the PAPER plate in the circle.

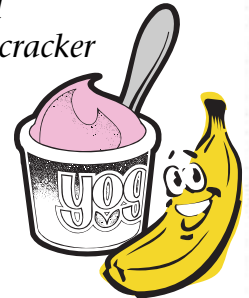
Challenge your family to get at least 60 minutes of ACTIVE PLAY every day!

Write YOUR ideas for ACTIVE PLAY here →

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Active Play Snack Idea

- Put 2 graham cracker squares in a small zip top bag and smash them up.
- Put banana slices in a bowl, top with 1/4 cup of strawberry yogurt.
- Sprinkle with your smashed graham cracker squares!



- Answers:**
1. Soccer
 2. Hopscotch
 3. Disk Golf
 4. Tennis
 5. Walk

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A Business of Caring.

