



Families in Action

PLAY with your child

Set a good example – *play with your child*

Try these *indoor* activities with your child

- ♫ March around the room
- ♫ Dance to your favorite music
- ♫ Play “Simon Says” or Twister®
- ♫ Imitate things in your neighborhood with your child, such as:
 - ♫ a tree blowing in the wind
 - ♫ a frog jumping
 - ♫ a train chugging along a track



Try these *outdoor* activities with your child

- ⌘ Build a snowman
- ⌘ Ride a bike
- ⌘ Go to the playground and swing together
- ⌘ Play games such as jumping rope, hopscotch, rolling a ball, chase
- ⌘ Fly a kite

Things to Remember

- ♥ Make sure your children drink plenty of water when they are active
- ♥ Watch children closely at the playground to prevent falls
- ♥ Use a helmet, knee and elbow pads when riding bikes, using a skateboard, skates or a skooter
- ♥ Never let your child lift weights as it may cause injury to their bones



Take time to play together as a family

Write in the blanks some ways to play with your child this week

Indoor _____

Outdoor _____