Kid'S ActivitY Pyramid

Be active everyday!

Group Play

Activities where you play and learn skills with others. Join a team, pick a club or go to a class.

- Dodge ball
- Cymnastica
- loe skating lessons.

Free Play

Activities you can do by yourself or with a friend anytime!

- · Build a fort.
- · Four-square
- · In-line skating



Group Play

Dance lessons

Kirkball.

Karate

SOCKET.

Saseball

Capture the flag

Limit

Have fun by trying different activities.

Family Play

Families who play together, stay healthy together. What will your family do?

- · Take a walk
- . Turn off the TV one day a week
- . Play at the park



Free Play

Playing computer and video game

kateboardina Steelding Fly a kitte Water fights Hide-n-teck

Sitting for more than 30 minutes

tump room



Family Play

Play catch or frisher Bike rides Nature bikes

5-immina Scavenger hunts

Explore different playgrounds



Choose to Move

Help with chores Take the stairs Play with your pet Be active at recess

Dance to music Play active games or videos Chase bugs, frogs and butterflies



Health Guided Acitivity

DJ Losen



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