

## Active Play

### *Why is active play important?*



**Active play helps your child learn healthy habits.  
There are many health benefits of active play, such as:**

- Active children are less likely to be overweight.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes later.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.
- Your child loves to move!

- Encourage your child to play actively several times each day. Short bursts of time are OK.
- Make active play fun for the whole family.
- Let your child help plan the fun.
- Focus on fun, not performance.
- Set limits on TV and computer time.

## ***There are many activities you can do with your child***

### **Indoor Play**

- Act out a story.
- Turn up the music and dance.
- Walk inside a shopping mall.
- Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon Says.

**List your family ideas:**

---

---

---

---

---

---

---

### **Outdoor Play**

- Walk after dinner with your family.
- Play catch.
- Take a nature hike.
- Play games in the yard or park.
- Kick a ball.

**List your family ideas:**

---

---

---

---

---

---

---