

KIDS' ACTIVITY PYRAMID

READY... SET... GO PLAY!



**TURN
OFF THE TV &
GO OUTSIDE!**

Playing outside
is a great way
to be active
and have fun.

EXPLORE YOUR COMMUNITY

plan outings often

- | | |
|--|------------------------------|
| visit a park or playground | go ice skating or sledding |
| find a new trail to walk, ride or hike | visit a museum or library |
| visit a local farm or farmers' market | participate in family events |
| join a play group | check out community events |

BUILD YOUR SKILLS

aim for at least 60 minutes each day

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|----------|-----------|------------|-------------------|
| running | climbing | twisting | throwing |
| jumping | rolling | marching | kicking |
| chasing | tumbling | bending | dribbling |
| hopping | dancing | stretching | bouncing |
| crawling | balancing | catching | swinging racquets |

PLAY EVERY DAY

aim for 60 minutes or more each day

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|----------------------------------|--------------------------------|
| go outside | rake leaves & jump in the pile |
| take a walk | take care of pets (walk a dog) |
| help around the house | pick up toys |
| ride your bike | help shovel snow |
| help in the garden | make a snow angel |
| make a fort to crawl in & around | invite a friend to play |

READY...SET...GO PLAY! WITH THE FIT WIC ACTIVITY PYRAMID

Children learn through movement. Did you know that *you* are your child's most important teacher? The skills you help your child learn through active play are skills she can use all of her life.

Everybody needs to be active.

Physical activity adds up — play several times each day to meet the goals for your child and for yourself too. Children like to be active — keep them moving as much as possible every day.

△ Play Every Day

Your toddler or preschooler needs 60 minutes or more each day of active free playtime. Going outside every day is one of the best ways to accomplish this. If you can't be outside, active play inside is the next best thing.

△ Build Your Skills

Your toddler needs at least 30 minutes a day of planned physical activity. Your preschooler needs at least 60 minutes. Help your child practice skills like jumping, tumbling, balancing and catching every day.

△ Explore Your Community

Getting to know his neighborhood will help your child feel safe and confident. Instead of watching TV on Saturday mornings, make a play-date at the park or take the family for a walk around the block.

Infants (0–12 months old):

From birth, give your baby safe opportunities to move and explore. Babies love “floor time” where they can reach, roll and crawl. Try not to keep her in her infant seat, crib or playpen for too long at one time.

- *Games to play together* — peek-a-boo, pat-a-cake

Toddlers (1–3 years old):

Toddlers are learning to control their own bodies and develop skills like running and jumping. Active play helps your toddler tap into his creativity and imagination too.

- *Games to play together* — follow the leader, marching band, ring around the rosy, dancing to music

Preschoolers (3–5 years old):

Preschoolers are developing confidence in movement skills that will prepare them for more advanced physical activities like school sports.

- *Games to play together* — hide and seek, kickball, freeze tag, hopscotch, catch

Active play helps your child:

- Feel good about himself.
- Be healthier and have a lower risk for heart disease, cancer and being overweight.
- Sleep better at night.
- Enjoy family time.

