

# MOVE MORE

## BUILDING HEALTHY COMMUNITIES



Physical activity is important for children and adults, so being active as a family can benefit everyone! Fostering healthy behaviors and staying active at home is vital for children's development. Children need at least 60 minutes per day!

### TOGETHER, WE CAN!

Plan activities the whole family can do together to help build resilience and the ability to manage stressors, prevent disease and boost the immune system, reinforce lessons learned at school, and create a 360-degree healthy environment.

#### Moving more and getting active as a family tips and ideas:

- Start small - walk to your friend's house
- Focus on fun - playing in the park, ice skating, or soccer
- Ride bikes after dinner
- [Do a nature scavenger hunt](#)
- Park further away at the store
- Walk your kids to school or walk to work
- [Use common household items for fitness fun and games](#)
- Choose fitness video games such as Just Dance
- Include other families - go bowling or an obstacle course
- Rainy Day Plans - indoor fort building or walking the mall
- Turn off the T.V. after two (2) hours
- [Practice yoga techniques and poses](#)
- Make it a treat - Go to the park, lake or beach as a reward
- Use what you have - Jog, jump rope, play tag, or dance
- [Have active screen time - using these fun, physical activities](#)



### TRY SENSORY PLAY:

"Sensory play is a simple and exciting way for children to explore their different senses, movement, balance, and more in an unstructured setting. Children naturally explore textures, tastes, sounds, and smells through hands-on learning, which helps to build cognitive skills. By experimenting with different materials and manipulatives, children can practice observation skills and predict and draw conclusions about the natural and physical world."

#### MATERIALS:

- Uncooked rice
- Beans
- Cotton balls
- Feathers
- Shaving cream
- Marbles
- Dried pasta
- Hair gel

#### EXTRAS:

- Small toys
- Shovels
- Mini cars
- Small bowls
- Legos
- Dolls
- Children utensils
- Hand rake