

# Staying Active in Everyday Life



CAREGIVERS

Keeping kids active isn't just good for their bodies, it's great for their developing brains. Kids learn and develop their brains through play. The great news is that staying active and playing doesn't have to happen all at once. Little moments throughout the day make a big difference! Here are some ways to have fun and get moving with kids.

## HOPSCOTCH

Play a game of hopscotch. Adults can play, too!

## "I SPY"

Walk to school or daycare and play "I Spy" along the way.

## JUMP ROPE

Jump rope and count your jumps as you go.

## DANCE PARTY

Have a dance party after dinner.

## VISIT A NEW PLAYGROUND

Have fun exploring playgrounds in your area.

## FREE PLAY

Give kids time to free play outside. When kids make up games, they learn through planning and imagination!

## SOCCER OR WHIFFLE BALL

If you have access to an open space, get friends together for a game of soccer or whiffle ball. Kids don't need organized sports to stay active. They'll love moving if we make it fun!

## FIND OPPORTUNITIES FOR EXTRA STEPS

When you can, take the stairs, or park a few spots farther away from the store entrance. A few extra steps here and there add up to a big difference over time.

