

Let's Move... Warm Weather Fun!

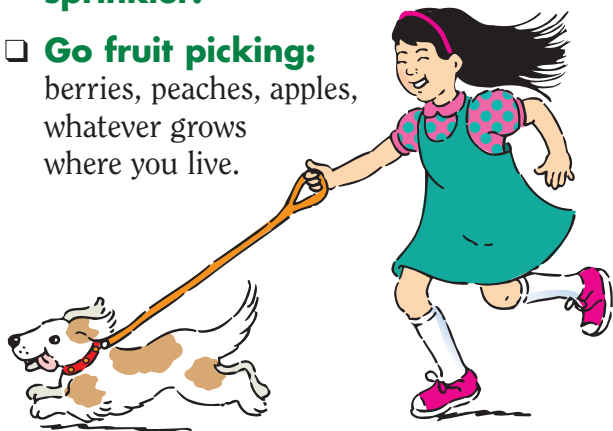
When the weather is warm, play outside together! You do not need to spend money to fit active fun into your family life.

Try to be physically active for at least 30 minutes on most days. Your child needs to be physically active at least 60 minutes on most, preferably all, days of the week. You will both feel good!

Check (✓) five active ways your family might have fun. Jot down their ideas, too.

Get Moving OUTDOORS

- Create sidewalk art.** Use colored chalk, or “paint” with water and brushes.
- Chase shadows** in the summer sun or the light of a full moon.
- Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids – and you – can hop, stoop, and bend!
- Create a parade!** Dress up kids, adults, and pets. Decorate wagons, tricycles, bikes, and strollers.
- Visit a farmer’s market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- Run through the garden sprinkler!**
- Go fruit picking:** berries, peaches, apples, whatever grows where you live.
- Splash:** in a pool, lake, or slow, clean stream.
- Fly a kite. Blow bubbles.** Safely follow, wherever they go!
- Walk to the store or library** – even if it takes longer. Talk about what you see along the way.
- Visit a petting farm.** Be sure to wash your and your child’s hands after touching animals.
- Celebrate an outdoor festival.** Look for activities planned for young children.
- Enjoy a playground** – if it is equipped for young children.
- Play games that move:** “Ring-Around-the-Rosie,” “London Bridge,” others.
- Plan a “wash day”:** wagons, tricycles, outdoor toys – and the family pup.
- Go on a nature hike.** Look for wild flowers, insects, bird’s nest, rocks, leaves, shells, butterflies, and other natural things.
- Work in a garden,** maybe your own.
- Your family’s ideas:**



Provided by _____

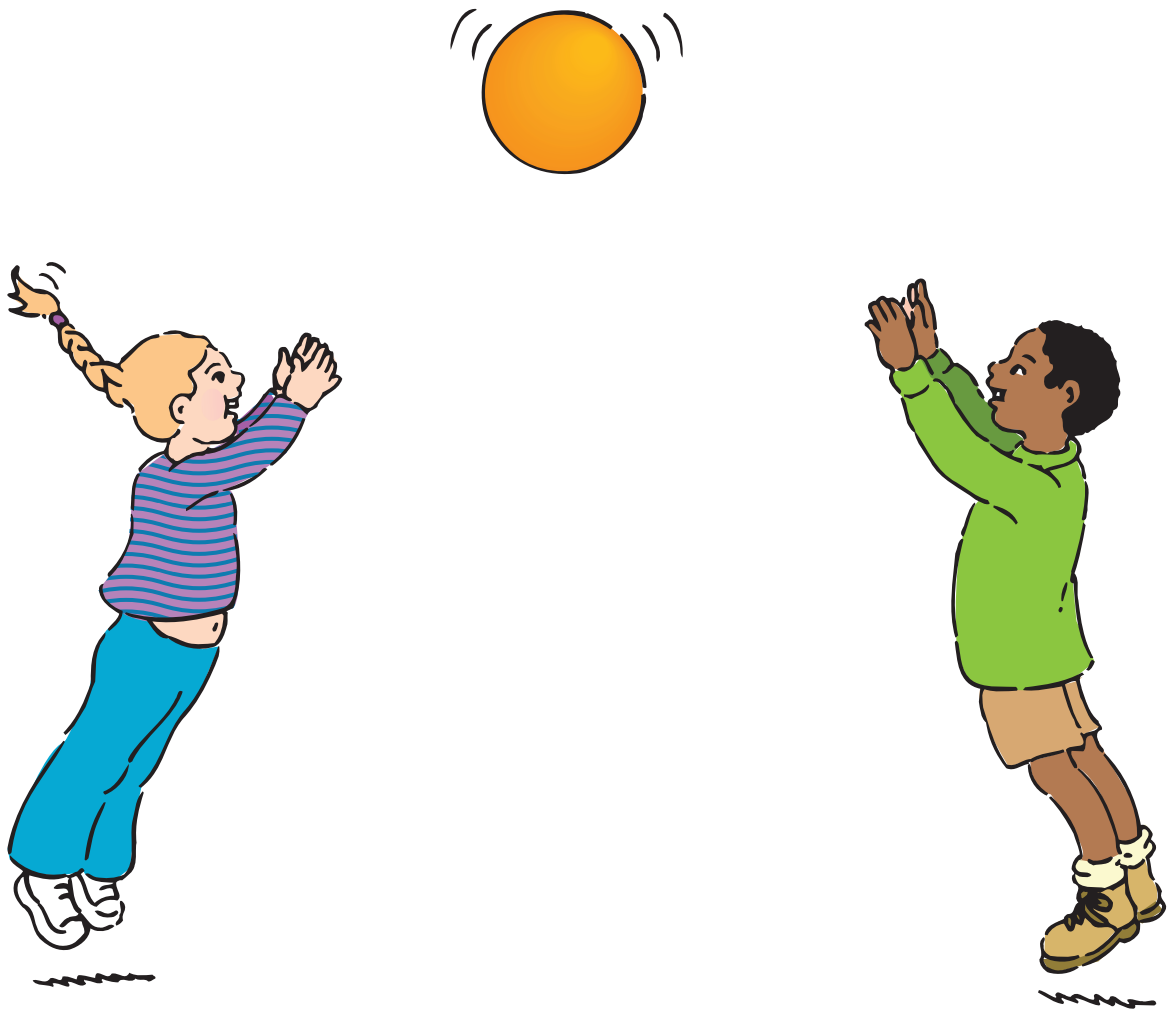
Let's Move... Warm Weather Fun!

Play Safe Outdoors!

- Always stay with your child for safety's sake. You also have the fun of playing together!
- Protect your child's skin with sunscreen and perhaps a hat – even on a cloudy day.
- Bring water to drink. Even when your family swims and plays in the water, you sweat.
- Check the safety and condition of tricycles and other play equipment.

Teach your child to:

- Play with balls in a safe place, away from the street.
- Stay safely away from swings and other moving play equipment!
- Wear a helmet when skating or biking, even on a tricycle. You, too!
- Use tricycles and toys with wheels on the sidewalk, not in the street.



Provided by _____