

Healthy Lifestyle Tip Sheet......

Active Play for Kids 1-5 Years Old



Active Play Gets Kids Moving!

- © Provide time for physical activities for your child everyday.
- The type of active play depends on your child's development.
- © Encourage, but don't push too hard if your child doesn't want to do something.
- © Be active together as a family. Parents are strong role models.
- © Be safe. Use safety equipment, like a helmet, to prevent injuries.

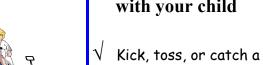




Places to Call for Group Activities:

Parks and Recreation are listed in the light blue front section of the phone book under:

- City Government Offices Recreation & Parks
- County Government Offices Parks Department
 California State Government Offices Parks & Recreation Department
- United States Government Offices Physical activity information 1-888-232-4674



- Jump, hop, skip or run
- Pedal a tricycle
- Tumble

ball

- Swim
- Dance to music
- Swing
- "Tag and You're It"
- Play hopscotch
- Crawl through a homemade obstacle course
- Build a sandcastle



- Pick up toys
- Go for a walk
- Help around the house or in the garden

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