



HELLO PARENTS,

Physical well-being is essential to children's growth, development and success. It includes all aspects of good health, such as: nutrition, sleep and rest patterns, physical activity, and resilience. Engaging in physical activities daily contributes to positive self-image, promotes independence, improves mental health, and leads to the overall sense of well-being. In this newsletter, you will find activities that will help you and your family stay active and healthy.

ACTIVITIES

INFANTS (3 -18 MONTHS)

CRAWL THROUGH THE TUNNEL

MATERIALS:

- A large cardboard box
- Scissors
- Toys

DIRECTIONS:

- Place a large cardboard box on a flat surface and cut off two of the opposite sides of the box, creating a rectangular tunnel.
- Invite your child to peek into the tunnel.
- Sit at the opposite side and encourage your child to crawl through the tunnel.
- You can place a toy in the tunnel to motivate your child to crawl in.

[Click here](#) for more activity ideas for infants.

TODDLERS (19 MONTHS – 2.5 YEARS)

ANIMAL RELAY

MATERIALS:

- Toy animals

DIRECTIONS:

- Together with your child, set up the toy animals around the room.
- Tell your child that you will be moving from animal to animal imitating their movements.
- Walk to the first animal and ask your child to show you how it moves. Together, move in this manner to the next animal.
- Continue moving around imitating each animal. You can hop like a frog, waddle like a penguin, slither like a snake, gallop like a horse, etc.
- Choose a variety of animals and movements to keep your child engaged and use their whole body to stay active.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

TARGETS WITH SPONGES

MATERIALS:

- Bucket with water
- Sponges
- Chalk

DIRECTIONS:

- On a warm day, provide your child with sponges and a bucket full of water.
- Using chalk, draw large circles on the cement.
- Have your child soak the sponges and throw them into the circles.
- You can assign a different number to each circle so your child can collect points as they hit each target.
- To make this activity more challenging, draw a line and ask your child to throw the sponges and try to land them on the line.

[Click here](#) for more physical activities.

JK/SK (4 – 6 YEARS)

INDOOR RING TOSS GAME

MATERIALS:

- Scissors
- Small paper plates
- Water bottle filled with water or rocks; or another tall, steady object

DIRECTIONS:

- Cut the center out of each paper plate, leaving a one-inch wide ring.
- Set a water bottle or another tall, steady object on the floor in the middle of the room.
- Have your child stand back several feet and try to throw the rings so that they land encircling the water bottle.
- Take turns tossing the rings.

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS)

SIDEWALK OBSTACLE COURSE

MATERIALS:

- Sidewalk chalk
- Various objects for activity stations. For example: hula hoops, sticks, balls, jump rope, etc.

DIRECTIONS:

- Using chalk, draw an obstacle course on the sidewalk.
- Mark a start point.
- Set up different activity stations along the obstacle course. For example:
 - do a specific number of skips with the jump rope;
 - hop in and out of the hula hoop;
 - throw small balls into a bucket from the designated throw line;
 - throw and catch the ball 5 times;
 - jump over a stick.
- Choose various ways the participants must move between the stations and write these with chalk behind each station. For example: run, jump, hop on one foot, walk backwards, etc.
- Add arrows to show the players the direction they must follow.
- Invite your family members or friends to play the obstacle course.

[Click here](#) for physical activities for school-age children.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Help your child develop healthy eating habits.
- Create a daily schedule with consistent bedtimes or nap times for your child.
- Engage with your child in physical activities daily, preferably outside.
- Encourage your child to try yoga, hip-hop, or other aerobic exercises.
- Reduce your child's screen time and replace it with other interesting activities.
- Acknowledge your child's efforts at being active.