



## HELLO PARENTS,

Exercise is important for a child's growth and development. It helps strengthen their muscles, increase alertness and keep them healthy. Children need to be active daily to maintain good overall health. However, it is important to encourage and motivate more physical activity in children to keep them fit, and to promote an active lifestyle as they grow older. In this newsletter, we will provide you with activities that will encourage your child's active exploration and play.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### BUBBLE CATCH

##### MATERIALS:

- Bubble solution
- Water
- Dish soap

##### DIRECTIONS:

- Make bubble solution and pour it into a container.
- Blow the bubbles towards your infant. They will enjoy watching the bubbles float and pop.
- Some infants may try to reach for them (depending on the infant's age).
- Older infants can either try blowing bubbles or try to catch them.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### PING PONG BALLS BLANKET TOSS

##### MATERIALS:

- A blanket or a big towel
- Ping pong balls

##### DIRECTIONS:

- Have your child hold the corners of a blanket or a towel.
- Throw the ping pong balls onto the blanket or towel and encourage your child to bounce the balls up and down.
- You can try to move around and bounce the balls at the same time.

[Click here](#) for more ideas.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### PENGUIN WADDLE

##### MATERIALS:

- A beach ball or another big ball

##### DIRECTIONS:

- Ask your child to place the ball between their knees.
- Encourage your child to waddle across the room without dropping the ball.
- Make this more challenging by having them go around a few obstacles.
- If they drop the ball, they have to go back and start the game from the beginning.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### A BOOK WORKOUT

##### MATERIALS:

- Books

##### DIRECTIONS:

- Choose a book that has repetition of words. For example, "The Cat in the Hat".
- Read the book aloud and every time the repeated word is said, ask your child to do a movement or an action. For example, if the repeated word is "hat" your child may do a jumping jack each time the word is said.
- Continue reading the book to the end and ask your child how their body feels after this activity.

[Click here](#) for the book "The Cat in the Hat" by Dr. Seuss.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### STICKY NOTE WALL BOP

##### MATERIALS:

- Sticky notes
- Pen
- Soft ball, or a pair of rolled up socks

##### DIRECTIONS:

- Attach 26 sticky notes to the back of a door.
- Write a different letter on each note (in random order).
- Make a starting line a few feet away from the door.
- Choose words that you would like to spell and try to hit all the letters in your chosen word.
- To make it more challenging, if you miss one of the letters, start all over again.
- When you are retrieving the ball or pair of rolled up socks, run and bend down to pick it up over and over again; this is part of the exercise.

[Click here](#) for more activities.



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#### A TIP FOR TODAY

- Give your child the opportunity to try various activities and let them choose what they like to do and how they want to be active.
- Ask your child to select and organize activities. It is empowering and motivating to be a part of the process and facilitates the development of both life skills and positive lifestyle behaviours.
- Invite everyone to participate in activities. It is one of the most successful ways to change your child's exercise habits.