



HELLO PARENTS,

Regular physical activity is vital for children's health, well-being and development. Active children have healthy bodies, a positive sense of self, and develop strong physical skills. When the whole family is involved in physical activities together, children learn that being active is fun and makes you feel good. It also creates shared experiences to talk about and opportunities to bond. In this newsletter, you will find activities for you and your family to help you stay active, healthy and have fun together.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

BABY HAS A BODY

DIRECTIONS:

- Sit with your child on the floor.
- Start singing the song "Baby (your child's name) Has a Body" to the tune "Old MacDonald Had a Farm". For example:
Baby Maria has a body, E-I-E-I-O.
And on her body she has a foot, E-I-E-I-O.
With a stomp-stomp here,
And a stomp-stomp there,
Here a stomp, there a stomp,
Everywhere a stomp-stomp.
- When you sing "foot" and "stomp", hold your child's feet and gently make a stomping motion with them.
- Continue the song by adding more body parts and motions. For example, bending legs, stretching arms or clapping hands.
- If your child is old enough to do these motions by themselves, encourage them to move with you.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

CHASING FUN

DIRECTIONS:

- Invite your family to join in the chasing game of "Tag".
- One player is chosen as "It" and has to chase the other players.
- If "It" tags another player, that player becomes the new "It".
- The new "It" must count to five before they chase the other players and attempt to tag one of them.
- Have fun chasing each other.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

LIMBO GAME

MATERIALS:

- Broomstick
- Music

DIRECTIONS:

- Put the music on. [Click here](#) for Limbo Rock song.
- Start with two adults holding either end of a broomstick loosely at their chest height.
- Have your child go under the stick without touching it. They can bend their knees and lean back as necessary.
- Lower the stick a little each time when your child succeeds to pass under it without falling, or touching the ground or the stick with their body.
- Take turns holding the stick and going under it.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

NEIGHBOURHOOD WALK

MATERIALS:

- Camera or phone

DIRECTIONS:

- Set up 30 minutes every day to go for a family walk.
- Each day, have a different family member choose the route.
- Take pictures on the way.
- After everyone had a turn, look at the pictures together, discuss each route, and choose which one was the most interesting, challenging, etc.
- Explore different neighbourhoods.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

SPOTLIGHT DANCE

MATERIALS:

- Flashlight
- Music

DIRECTIONS:

- Invite your family members or friends to a dance party.
- Select one person to hold the flashlight and stand in the middle of the dance floor, and another person to control the music.
- As the music starts, everyone starts dancing.
- The person holding the flashlight should shine it on the dancers, one by one.
- The person that controls the music can stop it at any point.
- When the music stops, all the dancers and the flashlight holder should freeze.
- The dancer with the spotlight on will be considered out.
- Continue this game until only one dancer is left.

[Click here](#) for a children's exercise video.



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and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Set goals and assign time each day for physical activity with the whole family.
- Brainstorm as a family so that everyone can contribute ideas and get motivated.
- Schedule your activities and keep a simple check list of what is being done and when.