



HELLO PARENTS,

It is important that physical activity be a regular part of family life. Participating in all types of physical activity burns off energy and helps build and maintain healthy bones, muscles, and joints. Physical activity also boosts a child's mental health, it increases a child's enthusiasm, optimism, energy and increases self-esteem, school performance, attention and behaviour. It also reduces anxiety, tension and depression. In this newsletter you will find activities that will help foster your child's energy.

ACTIVITIES

INFANTS (3 -18 MONTHS)

ANIMAL PULL

MATERIALS:

- Ribbon
- Toy animal or any other toy

DIRECTIONS:

- Tie a ribbon around the neck or body of an animal toy or any other toy.
- Give the ribbon with the toy to your child and have them hold it and crawl or walk around with it.
- This activity will give your child motivation to be active and moving.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

KICK THE SOCK BALL

MATERIALS:

- Colourful old socks
- Any kind of sticks (optional)
- Open space

DIRECTIONS:

- Roll the old socks into balls.
- Put the sock balls on the floor and let your child kick them.
- Give the stick to your child and let them use it to push and kick the sock balls.
- This activity will encourage your child to run after the sock balls and keep them moving.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

HOW HIGH CAN YOU GO?

MATERIALS:

- Open space
- Music (radio, CD, YouTube)

DIRECTIONS:

- Together with your child, jump 5 times.
- Ask your child: "Who can jump the highest?" Then, together jump 5 more times.
- Put some music on to make this activity more entertaining.
- This is a great exercise with your child.

[Click here](#) to learn how to play Pompom Hockey.

JK/SK (4 – 6 YEARS)

WALK LIKE A CRAB

MATERIALS:

- Small toys/bean bags/books

DIRECTIONS:

- Show your child how to walk like a crab.
- With your child place your palms and feet to the floor while raising your stomach up to face the sky.
- Put a small toy, a bean bag, or a book on your stomach.
- Stay in that pose and see how long can you last in the "crab" position.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

100 CHALLENGE

DIRECTIONS:

- Do a simple exercise before you start. For example, a simple stretching exercise.
- After you finish lay on your back with your knees bent and up in the air. Your knees and hips should form 90-degree angles.
- Reach your arms straight up to the sky.
- As you reach your arms back down to the floor, lift your head and roll up with your shoulder blades just off the floor.
- Move your arms up and down as if you are slapping the floor – and start counting to 100.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Use exercise as transportation: walk your children to school, bike or roller skate to the park. You also can park at the far end of parking lot and take the stairs instead of the elevator.
- Involve the whole family; invite everyone to participate in activities, it is one of the most successful ways to change your child's exercise habits.
- Focus on fun: children like to have fun, so they are more likely to keep exercising if they are doing an activity they enjoy. For example, turn on music and have a dance party.