

# ***Always Ways to Move***



# ***Physical Activity***

Kids should get at least 60 minutes of physical activity every day.

Being active is fun, helps give you more energy, and keeps your whole body healthy.

But sometimes it can be hard to think of fun things to do to get moving!

# *When you are alone*

- Jump rope and count until you mess up.
- See how long you can keep a soccer ball in the air with your feet.
- Invent a dance move.



Shoot hoops. Count them until you miss.

- Practice hopscotch.



# *When with a friend*

- Practice Ping~ Pong.
- Play one~on~one basketball.
- Race each other to see who is the fastest.
- Have a hand stand contest.



Have a dance battle.

# ***When its REALLY cold***

- Shovel your neighbors driveway.
- Build a snowman or a snow fort.
- Take a walk looking for animal footprints in the snow.
- Try skiing or snowboarding.
- Remember: Bundle up, stay out of the street, and make sure a parent is always close by.

# *When its REALLY hot*

- Water balloon toss.
- Swimming.
- Run through the sprinklers.
- Take a walk on a shady trail.
- Remember: drink lots of water, take breaks to go inside, and make sure a parent is close by.

# ***Always ways to move***

- Now you have ideas of ways you can be active and get moving in any situation.
- Now its your turn! Can you think of any other fun ways to move?