

Family Time

FOR FAMILIES



Walk the talk - ditch the car

Walk instead of taking the car when travelling short distances. Add adventure to your trips by looking at different houses, finding fruits and birds in trees or spotting a red car. If children don't like walking, ride a bike or scooter.



Reuse and get creative

Check out the recycling bin. Plastic milk cartons make excellent skittles for a game of indoor bowling. Large cardboard boxes can be used as part of an obstacle course, a tunnel or a basketball hoop.



Take a field trip

It doesn't have to cost a cent. Playgrounds, swimming pools and beaches are great places to be active. Active play such as building sandcastles and moving in the water encourage children to learn about their bodies and develop skills.



Copycat games

Young children love to follow. While your child is following you, walk around in a circle; in a straight line; on your tiptoes or jump, skip and hop.



Balloon magic

Balloon keepy uppy - an inflated balloon can provide hours of entertainment. See how long you can keep it afloat or have a game of indoor volleyball.



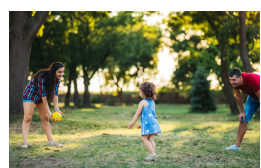
Just dance

Kids love to dance. Put some music on and watch them move. Why don't you join in too? Have a dance off.



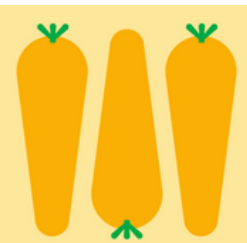
Help out

Time to help. Get the kids to help with the gardening, folding the washing or vacuuming.



Be a role model

Be who you want them to be. Avoid sitting in front of the TV. If your children see you doing this all the time, they will think this is OK. Get outside and be active with them.



Healthy Eating
Active Living

