

The Kid's Activity Pyramid

Limit



Watching TV
Playing computer and video games
Sitting for more than 30 minutes

Have fun by trying different activities.

Family Play

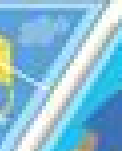
Families who play together, stay healthy together. What will your family do?

- Take a walk
- Turn off the TV one day a week
- Play at the park

Free Play



Skateboarding
Sledding
Fly a kite
Water fights
Hide-n-seek
Jump rope
Tag



Family Play

Play catch or frisbee
Bike rides
Nature hikes
Swimming
Scavenger hunts
Explore different playgrounds

Group Play



Dance lessons
Kickball
Karate
Soccer
Baseball
Capture the flag



Choose to Move

Help with chores
Take the stairs
Play with your pet
Be active at recess

Dance to music
Play active games or videos
Chase bugs, frogs and butterflies



Be active everyday!

Group Play

Activities where you play and learn skills with others. Join a team, pick a club or go to a class.

- Dodge ball
- Gymnastics
- Ice skating lessons

Free Play

Activities you can do by yourself or with a friend anytime!

- Build a fort
- Four-square
- In-line skating

Health Activities 3 79 Years

Hussin A.Rothana



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