

Fall

Name: _____

Teacher: _____

Date: _____

Be active every day! Circle the ways you were active each day.

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Parents, please read the back of this page for easy tips to keep your family more active.

Your Active Child

Young children have a lot of energy and like being active. Being active is important to help them stay healthy. Use this chart with your child; remind them to circle the activities they do each day. The activities pictured on the front are:



Sports



Outdoor play



Jumping in leaves



Indoor play



Singing/
make believe



General
play activities



Housework



Swing set or
playground play



Dancing



General activity

Children need to aim for 60 minutes of activity per day, most days of the week. Children today do not get enough daily activity. This week try to focus on getting more active as a family. Adults need physical activity too, at least 30 minutes a day, most days of the week to stay healthy.

Physical Activity

Tips to make your family more active this fall:



- Take a walk in the woods and look at the changing colors of the leaves.
- Collect leaves as you walk, when you get home try to find out what trees they are from
- Dress for the weather in light layers.
- Leave early in the day to make sure you are off the trails by dusk.
- Take a short family walk after dinner.
- Rake big piles of leaves and jump in!

"Screen Time"

Tips to reduce non-active time



- Turn off the TV during meals.
- Limit TV and computer use for everyone in the family.
- A good goal for kids is no more than two hours total per day of TV, computer or video games.
- Encourage your child to read (or read to your child) instead of TV, video or computer use.
- If your child doesn't enjoy reading try crafts, puzzles or coloring books instead.



Winter

Name: _____

Teacher: _____

Date: _____

Be active every day! Circle the ways you were active each day.

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Parents, please read the back of this page for easy tips to keep your family more active.

Your Active Child

Young children have a lot of energy and like being active. Being active is important to help them stay healthy. Use this chart with your child; remind them to circle the activities they do each day. The activities pictured on the front are:



Outside Play



Vacuuming



Skating



Playing in the snow



Singing/
make believe



Indoor play



Housework



Sledding



Dancing



General activity

Children need to aim for 60 minutes of activity each day, most days of the week. This will help them stay healthy and fit. It's easier for children to be active if they see the adults around them being active. Adults need physical activity too, at least 30 minutes a day, most days of the week to stay healthy.

Physical Activity

Tips to make your family more active this winter



- Try winter activities like, sledding, ice skating and playing in the snow.
- Dress for the weather. Kids will enjoy cold weather when they are dressed for it. Remember mittens, boots, and hats when outside. Wear layers to stay warm.
- Take a short family walk after dinner.
- Be active indoors: go bowling, walk at the mall, go to a museum (check your library for museum passes), roller-skating, and dancing.

"Screen Time"

Tips to reduce non-active time



- Limit TV and computer use for everyone in the family.
- Slowly reduce daily "screen time." Aim for two hours or less per day.
- Instead of watching TV or playing video and computer games encourage your child to read, do puzzles, crafts or other activities.
- Make the time you used to spend watching TV your family activity time.