

Spring

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:



Hop Scotch



Vacuuming



Organized Sports



Playground Time



Singing/
make believe



Outdoor play



Housework



Yard work



Dancing



General activity

Children need to aim for 60 minutes of activity per day, most days of the week. This week try to be more active as a family. Adults need physical activity too, at least 30 minutes a day, most days of the week to maintain health.

Physical Activity

Tips to make your family more active this spring



- Encourage your kids to play outside.
- Dress your child in layers, either a light jacket or sweatshirt that can be removed if the day gets warmer.
- Take a short family walk after dinner.
- Break up activity into 10-minute blocks. This will make it easier to fit into your schedule.

"Screen Time"

Tips to reduce non-active time



- Cut down on TV watching, computer use, and video game time, a good goal is no more than two hours per day total.
- Don't snack in front of the TV.
- Encourage your child to read (or read to your child) instead of watching TV or playing video or computer games.
- Play board games or card games instead! These games can help children learn reading and math while having fun with you!



Summer

Name: _____

Teacher: _____

Date: _____

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

Monday



Tuesday



Wednesday



Thursday



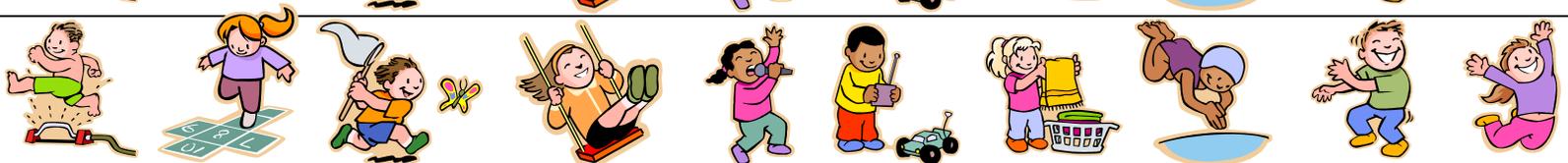
Friday



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:



Water Play



Hopscotch



Playing Outside



Playground Time



Singing/
make believe



Indoor play



Housework



Swimming



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.

Adults need at least 30 minutes of activity per day, most days of the week to stay healthy. Adults need 30-60 minutes of activity each day to lose weight.

Physical Activity

Tips to make your family more active this summer



- Take a hike. Start with a short distance (one mile) and work up to longer trails.
- Plant a small garden. Kids love pizza gardens planted with tomatoes, peppers, and Italian spices. Fast growing plants like radishes and sunflowers are great too!
- Remember to use plenty of sunscreen. Apply every two hours.
- Have your kids drink water. Keep away from soda or high sugar drinks.

"Screen Time"

Tips to reduce non-active time



- Turn off the TV during meals.
- Take TV sets out of the bedrooms.
- Slowly reduce TV/computer/video game time so that it is no more than two hours per day total.
- Go to the library and look up some games you can play this summer. Chalk games (hopscotch and four square) are fun and easy to play.
- Have a family board game night instead of a TV or movie night!