

Active Play for Kids 1-5 Years Old



Active Play Gets Kids Moving!

- ☺ Provide time for physical activities for your child everyday.
- ☺ The type of active play depends on your child's development.
- ☺ Encourage, but don't push too hard if your child doesn't want to do something.
- ☺ Be active together as a family. Parents are strong role models.
- ☺ Be safe. Use safety equipment, like a helmet, to prevent injuries.



Free things to do with your child

- ✓ Kick, toss, or catch a ball
- ✓ Jump, hop, skip or run
- ✓ Pedal a tricycle
- ✓ Tumble
- ✓ Swim
- ✓ Dance to music
- ✓ Swing
- ✓ "Tag and You're It"
- ✓ Play hopscotch
- ✓ Crawl through a homemade obstacle course
- ✓ Build a sandcastle
- ✓ Pick up toys
- ✓ Go for a walk
- ✓ Help around the house or in the garden



Places to Call for Group Activities:

Parks and Recreation are listed in the light blue front section of the phone book under:

- ◆ **City Government Offices** — Recreation & Parks
- ◆ **County Government Offices** — Parks Department
- ◆ **California State Government Offices** — Parks & Recreation Department
- ◆ **United States Government Offices** — Physical activity information 1-888-232-4674