



Everyday ways to get kids *moving more*



Kids spend a lot of time on screens these days – often more than recommended. They can build valuable skills using computers, smartphones and video games, like reading, problem-solving and hand-eye coordination. But moving their bodies brings important benefits, too.

Physical activity is a natural mood booster, strength builder and stress reliever. It can lower the risk of health conditions like type 2 diabetes and obesity, and it can help ease symptoms of anxiety and depression. It supports better sleep quality, too.

Movement also gives children and teens space to express themselves, use their imaginations and explore the world around them. And when family members and friends get moving together, it can create meaningful connections and build teamwork.

Ideas to help kids get active

The amount of activity recommended for kids depends on their age, but moving every day is a great goal. That doesn't mean you have to become a project manager, drill sergeant or sports agent. It can simply be something fun to do and look forward to. It's totally up to you. Any movement counts.

Try one of the activities on the next page.

Ready, set, move!

Dance to your favorite songs



Skip, hop, jog or crawl

Play tag indoors or outdoors, even around a table



Ride a bike, skateboard or scooter

Do jumping jacks

Hug yourself tightly, then release and repeat

Roll around on the floor or practice somersaults

Create a scavenger hunt and race to the finish

Climb up and down stairs

Act out music, like air guitar, drumming or karaoke



Stretch your body

Clean up an area or room in the home



Dribble or bounce a ball

Set up an indoor obstacle course

Garden

Act out a story or play charades

Play follow the leader

Play catch

Do push-ups, squats, or other strength challenges



Go for a walk

Keep moving forward

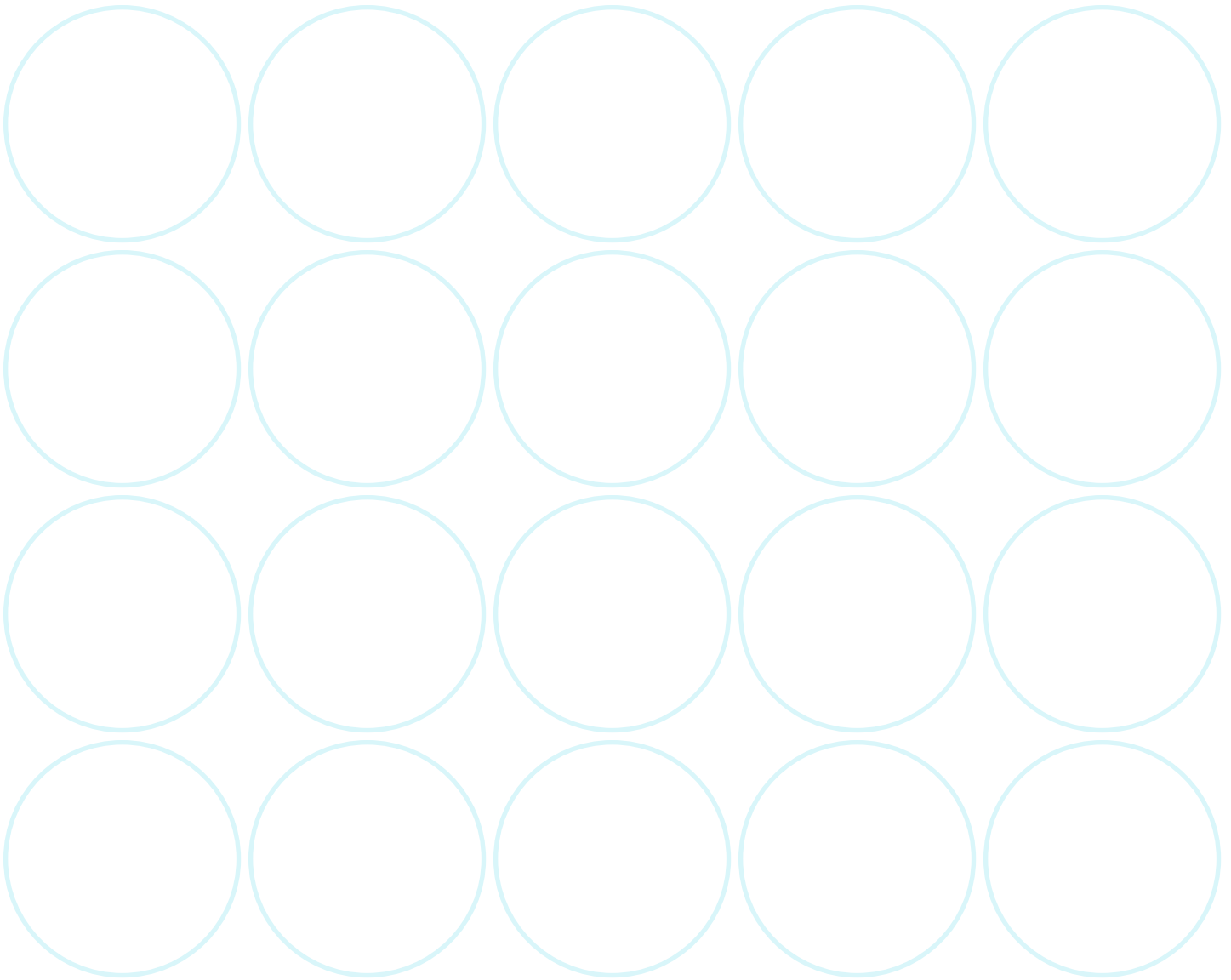
Brainstorm with the kids in your life to add some ideas of your own to the blank circles on the next page:

Come back to this list anytime you need inspiration, or mix and match ideas to create fun movement challenges.

Try animal-themed yoga poses, like cat/cow cobra, or butterfly

Create a scavenger hunt and race to the finish

Squeeze fists tightly, then release (open hands) and repeat



Sources

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