

#8: We Play



Other ways your family can keep moving together, inside:

- Have a freeze dance.
- Play a game of charades that involves guessing what physical activity or sport a person is acting out.
- Build an indoor fort.
- Hold a lip syncing battle.
- Set up an obstacle course.

HEALTHY CONVERSATION STARTERS

Which season is your favorite for playing outside?
 Why do you think being outside is good for you? How do you feel when you are outside in the fresh air?
 If you were going on a long bike ride in the summer, what would you take along with you?

Think Together

- **Healthy steps lead outside!** Regularly getting outside and being active in nature is proven to improve children’s physical and mental health.
- Outdoor activity helps children **maintain a healthy weight, boosts their immunity and bone health, and lowers stress.**
- **Playing is learning!** Free, unstructured, active play (and the more of it the better!) is not only good, but also necessary for the healthy growth and development of a child’s brain.

Eat Together

- Outdoor play and exploration makes a great time for a **family picnic.** Eating together outdoors provides the opportunity for fresh air and undivided attention.
- When you head out on your adventure, remember to pack a backpack full of **healthy, easy-to-eat snacks** (carrot sticks, apples, whole-grain pretzels, nuts, fat-free string cheese and water).

Move Together

- Play hard! Get outside more! Focus on fun and being together, but **be safe** (teach your child to remember things like helmets, sunscreen, proper equipment, extra clothing, hats and sunglasses, rain gear and water to drink).
- **Move inside and out.** Don’t let rainy days keep you from being active. Just dress accordingly and keep safety in mind when it comes to weather or temperatures. When you really can’t be outside due to weather, find ways to play and be active inside (family dance-off anyone?).

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Take **Healthy Steps**
Healthy Lives Together

Active Play

Your child's 60 minutes (or more) a day of physical activity can be reached through old-fashioned free play and running around outdoors.

Examples of active play:

- Running
- Climbing
- Dancing
- Swinging
- Tumbling
- Playing hopscotch or foursquare
- Skipping
- Hopping
- Galloping
- Rolling down a hill
- Hula hooping

Schools and Families Can Get Healthier Together

- Talk with your child's school and school district about opening the school playground for community use before and after school and on the weekend.
- Make sure your child has an opportunity for recess, physical education classes and activity breaks throughout the school day as well. Visit neahealthyfutures.org for more ideas and resources.

Read Together

- ***Are You Ready to Play Outside?*** by Mo Willems (fiction)
- ***Outside Your Window: A First Book of Nature*** by Nicola Davies (non-fiction)



Explore!

Find forests, parks, trails and nature near you:

- discovertheforest.org/?m=1#map
- americasstateparks.org
- naturefind.com

Find a playground or play space near you:

- mapofplay.kaboom.org



Give Me Five

Fun and easy outdoor activities with no equipment needed:

- Freeze Tag
- Hide and Seek
- Duck, Duck, Goose
- Red Light, Green Light
- Simon Says