

BE ACTIVE TOGETHER

- ✓ It is important to be active as a family so it becomes part of your lifestyle.
- ✓ Be creative and think of activities you can all enjoy together.
- ✓ It is great for children to see you enjoying being active.

There are lots of ways a family can be active, here are some ideas for those “I’m bored” moments that don’t cost a thing!

- **Make walking a part of every day life**, leave the car and explore your local community on foot instead. Why not play “I spy” as you go?
- **Pack a lunch** and find a spot where the kids can play.
- **Allow toddlers to walk** part of the way rather than be pushed in the pram.
- **Be active on outings** (e.g. fly a kite, walk the dog or go on a bushwalk).
- **Go on a treasure hunt** – hide objects e.g. certain toys, around the house and see if your children can find them.
- **Play hide and seek** – indoors or outdoors.
- **Kids love gardening**. Get outside and try some weeding, watering and planting.
- **Keep outdoor activity gear** by the door or in the boot of the car (e.g. a soccer ball, kite).
- **Cycle** with your children.
- **Practise ball skills** like kicking and throwing a ball against a wall or try throwing a ball against a wall and catching it.

- **Play ‘Simon Says’** and encourage physical activity such as jumping, marching, and running on the spot.
- **Ask your children** to help with active chores around the home such as hanging the clothes on the line, washing the car – you might be surprised how willing they are to help.
- **Use public outdoor spaces** such as parks, playgrounds, beaches, walkways and cycle ways.
- **Walk to places** such as the shops or library when you can, or walk part of the way.
- **Give children challenges** like ‘hop to the tree’ or ‘skip around the path’.
- **Dance, laugh and be happy together.**

