

ACTIVE PLAY...EVERY DAY!



Let's Go Walking

During the month of October, add some walking time to your days. Walking is a great way to exercise and help your child be more active. Here are some ideas for walking:

Set aside a few times every week to go for a walk with your family.

Make your walk more interesting with questions like:

What color are the houses?

How many cars do you see?

How many animals do you see?

What kind of animals do you see?

Practice Skills on your walk:

Skip

Jump

Hop



Run - Race to the next stop sign/fence/parked car – whatever is nearby.

Walk instead of drive anywhere you can think of:

Head Start,

the grocery store, a friend's house, church, the barn,

Grandma's house

Check out your neighborhood

Get some friends together and organize a community walk!



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Take a Hike!

Research shows that playing outdoors in nature helps children in many ways. Children that spend time in nature do better in school, feel more confident and are more active than kids who do not spend time outdoors. Kids who get outdoors also learn to care about and take care of the environment. Help your child do all of these things by going out for a special nature walk.

Need Ideas for Hiking?

Visit your local ranger's office to find out where to get out into nature.

Ask friends where their favorite places to go hiking are.

Look online - type "hiking trails" into your favorite search engine.

Pick a trail little legs can handle, and have a plan for when they get tired.

Water and sunscreen are two important things you'll need if you plan to be outside for awhile.

Pack a special picnic for your hike - don't forget the fruits and veggies!



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