



GuidanceResources®

Being Active Together

When seeking ways to get your kids moving, focus on things you can do together. As the parent, you should model the behaviour you want to encourage in your children. When your children see you being active, they are more likely to copy your behaviour. Here are some tips:

- Plan active outings.
- Make new routines. Take a walk every night after dinner or shoot hoops instead of watching TV.
- Encourage outdoor play with active toys like balls, jump ropes, skates, sprinklers, bubbles, chalk and squirt guns.
- Get everyone involved in active games like catch, Simon says and charades.
- Buy inexpensive pedometers and compete to see who takes the most steps.
- Set limits on screen time. If your children enjoy videogames, try ones that require movement, such as dance and fitness games. Have the entire family play the games together.



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