

# Let's Move... Warm Weather Fun!

**When the weather is warm, play outside together! You don't need to spend money to fit active fun into your family life.**

Try to move for at least 30 minutes on most days. Your child needs to move at least 60 minutes on most days. You'll both feel good!

Check (✓) five active ways your family might have fun. Jot down their ideas, too.

## Get Moving OUTDOORS

- Create sidewalk art.** Use colored chalk, or “paint” with water and brushes.
- Chase shadows** in the summer sun or the light of a full moon.
- Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids – and you – can hop, stoop, and bend!
- Create a parade!** Dress up kids, adults, and pets. Decorate wagons, tricycles, bikes, and strollers.
- Visit a farmer's market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- Run through the garden sprinkler!**
- Go fruit picking:** berries, peaches, apples, whatever grows where you live.
- Splash:** in a pool, lake, or slow, clean stream.
- Fly a kite. Blow bubbles.** Safely follow, wherever they go!
- Walk to the store or library** – even if it takes longer. Talk about what you see along the way.
- Visit a petting farm.**
- Celebrate an outdoor festival.** Look for activities planned for young children.
- Enjoy a playground** – if it's equipped for young children.
- Play games that move:** “Ring-Around-the-Rosie,” “London Bridge,” others.
- Plan a “wash day”:** wagons, tricycles, outdoor toys – and the family pup.
- Go on a nature hike.** Look for wild flowers, insects, bird's nest, rocks, leaves, shells, butterflies, and other natural things.
- Work in a garden,** maybe your own.
- Your family's ideas:**



Provided by \_\_\_\_\_

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## Play Safe Outdoors!

- Always stay with your child for safety's sake. You also have the fun of playing together!
- Protect your child's skin with sunscreen and perhaps a hat – even on a cloudy day.
- Bring water. Even when your family swims and plays in the water, you sweat.
- Check the safety and condition of tricycles and other play equipment.

## Teach your child to

- Play with balls in a safe place, away from the street.
- Stay safely away from swings and other moving play equipment!
- Wear a helmet when skating or biking, even on a tricycle. You, too!
- Use tricycles and toys with wheels on the sidewalk, not in the street.

