

Engaging families in physical activity

Supporting families with physical activity ideas will benefit both the children and adults.

Sharing some simple ideas for how families can be physically active can contribute to promoting good attitudes and habits towards physical health.

Here are a few simple ideas you can share with families:

- Giving children age-appropriate tasks and responsibilities around the home. For example, caring for a pet, setting the table, tidying away toys, helping to put the shopping away
- Monitoring sedentary activities like watching TV or playing video games and adding some physical activity for each sedentary activity
- Going for walks together. Looking for specific items such as green leaves, flowers or taking some binoculars to look for birds
- Finding a green space and going on a bug hunt together, count the number of insects they find
- Playing hide and seek indoors and outdoors
- Putting on some music and dancing around the room
- Visiting a local park and playing on the equipment
- Creating an obstacle course using items around the home
- Moving in different ways across a room. For example, jumping, skipping, hopping
- Singing action rhymes together.

