

The Kid's Activity Pyramid

Limit



Be active everyday!

Group Play

Activities where you play and learn skills with others. Join a team, pick a club or go to a class.

- Dodge ball
- Gymnastics
- Ice skating lessons

Free Play

Activities you can do by yourself or with a friend anytime!

- Build a fort
- Four-square
- In-line skating

Have fun by trying different activities.

Family Play

Families who play together, stay healthy together. What will your family do?

- Take a walk
- Turn off the TV one day a week
- Play at the park

Free Play



Group Play



Family Play



Choose to Move



Health Activities 3 79 Years

J Ma



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