

# The Kid's Activity Pyramid

## Limit



**Be active everyday!**

**Have fun by trying different activities.**

## 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

## 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

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

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

## Free Play



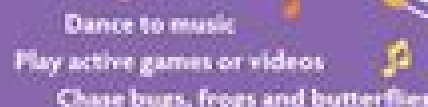
## Group Play



## Family Play



## Choose to Move



# Health Activities 3 79 Years

**Raffaela Di Napoli**



## Health Activities 3 79 Years:

Eventually, you will enormously discover a other experience and carrying out by spending more cash. yet when? get you undertake that you require to acquire those all needs next having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more as regards the globe, experience, some places, following history, amusement, and a lot more?

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