



Family Literacy Week

Let's Be Active! Move • Play • Learn

Primary (6-8 years old)

Make a Walk More Fun!

Walking tones muscles, builds strength and reduces stress and anxiety.

Walking together builds family connections, gives an opportunity to talk and creates great memories.

Going for a family walk is a great way to get active!

Try these ideas to add some fun to your next family walk!

- Play 20 questions. Put something in your pocket and give your child 20 yes or no questions to try to figure out what it is.
- Use a map, app or watch to count steps, track distance or follow a route.
- Add some fun with interval training. Jog to the next signpost, hop to the next driveway or skip for 30 seconds!
- Play games like 'I Spy' or 'Follow the Leader' along the way.
- Let children lead the way. Go where they want to go!



Active play every day!

Aim for at least 60 minutes of moderate to vigorous activity and several hours of light activity for school aged children, spread throughout the day.

How does it look?

- **Primary aged children:** playing in the snow, rolling down a hill, dancing, swimming and bike riding