

The Kid's Activity Pyramid

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



Limit



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

- Dance lessons
- Kickball
- Karate
- Soccer
- Baseball
- Capture the flag

Family Play

- Play catch or frisbee
- Bike rides
- Nature hikes
- Swimming
- Scavenger hunts
- Explore different playgrounds

Choose to Move

- Help with chores
- Take the stairs
- Play with your pet
- Be active at recess

- Dance to music
- Play active games or videos
- Chase bugs, frogs and butterflies



Health Activities 3 79 Years

David Kirk



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