



## Tips and Ideas for Children (5-12 years)

**60 minutes, every day.**

### Active and Fun

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.

### For Stronger Muscles & Bones

Encourage children to:

- Skip, run, hop and jump.
- Climb or swing on monkey bars and climbing frames.
- Play games like tug-o-war and hopscotch.
- Do structured activities like dance, gymnastics and martial arts.

### Active at Home

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.

### Active and Safe

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

### Active Travel

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.

**Make your move – Sit less – Be active for life!**





## ***Tips for Reducing Sedentary Behaviour and Screen Time***

Reward the kids with a trip to the park instead of TV or computer time, and enjoy the quality time together.

Set a 'no screen time' rule at dinner time and before school.

How about walking, riding, skateboarding or scooting safely to school or other places, or helping to wash the car, walk the dog, or dig in the garden?

Make bedrooms a TV and computer free zone.

Give gifts like skipping ropes, balls or kites to encourage active play.

### **What will you do?**

**Make your move – Sit less – Be active for life!**

