

Play!



Encouraging children to go out and play is one of the best things you can do for their health and learning. Spring is here, the weather is fantastic and there are plenty of fun, cheap outdoor play activities that you can do as a family or school / preschool community.

What is the best thing about play? Play enables children to:

- Learn and explore the world around them
- Make choices and discover their own solutions
- Learn and develop valuable life skills

Every child deserves the chance to play!

- Allow time for play
- Let your child choose or make up their own games
- Encourage active play – children will be naturally active outdoors, and remember children need 60 minutes of physical activity everyday
- Find out what activities and games your child enjoys
- When was the last time you played with your child? Get involved and have fun together – try and remember your favourite childhood games
- Allow your child to play alone too

Play Time – use your imagination, make it FUN!

- Treasure Hunt beach or bush walk – collect leaves, shells or precious stones... what lives in the rock pool? what can you hear in the forest?
- Backyard Games – hopscotch, frisbee®, go home stay home, hide and seek, spot-light, four square, tip and run, obstacle course, freeze...
- Make a kite – use household items or create a classroom kite design and flying competition...

NEW Fun play equipment for preschools – FREE loan for up to 6 weeks!

- Jumping Sacks
- Pyramid Ball
- Scooter Boards
- Foam Fun Hoops
- Spots & Foot Pods



jump & chase... throw & catch... colours & numbers...relays... stepping stones... balance... obstacle courses...quoits...lily pads...arm scoots...

Contact Chris Boyd at Community and Public Health on (03) 3799480 ext 816

Healthy Nibbles for Tots

Nutrition & physical activity information for under 5's
For more information visit: www.cph.co.nz
Date: September 2006
Code/Reference: NUT0022y
Authorised by: Nutrition and Physical Activity Team

Canterbury
District Health Board
Te Poari Hauora o Waitaha