

# THE kid's ACTIVITY PYRAMID

Each week you can have fun and be active by trying the following things...

## With Friends

- Dance to music
- Play games like tag and hopscotch
- Join a sports team at school or the park

## With Family

- Go on a walk together
- Play at the park
- Turn off the TV for a day

## By Yourself

- Fly a kite
- Do cartwheels, somersaults or jumping jacks
- Practice sports skills

Have more fun by thinking up your own activities!



# Your Kid's ACTIVITY PYRAMID

CUT  
DOWN ON

**A Note to Parents:**

Families that play together stay healthier together. One of the best ways to encourage your children to be more active is to make physical activities a family affair.

## How Active are You?

See how much physical activity you get in a week. Use this Activity Pyramid to keep track. When you do an activity, draw or color a picture in the correct level.

