

# HEALTHY HABITS



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**Play Time Is Fun & Good for Your Child!**

**Parent Tip Sheet #11**

***Did you know? MVPA stands for moderate to vigorous physical activity. Research has shown that most preschoolers do not meet their daily recommendation for physical activity.***



**Children under 5** who can walk should be active for at least 180 minutes (3 hours) spread throughout the day. This can be a combination of light exercise and active exercise.

**Children 5 and above** should engage in at least 60 minutes of planned physical activity and 60 minutes of unstructured play time each day.

**Try this!**



## **“Raindrops”**

Use this activity to practice listening while strengthening locomotor skills

- Have your child pretend to be a raindrop. Sing to them, “Rain drop, raindrop, falling down. Raindrop, Raindrop \_\_\_\_ (walk, skip, hop, tip toe, roll, dance, etc.) around!”

- Clap twice and say “Snowflake!” Explain to your child to freeze like a snowflake and listen carefully for the next movement.
- Repeat song several times with new locomotor movements.

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