

Copy this activity planner and post it on your fridge or bulletin board to plan or keep track of activities to do with your children.

Remember to:

- Plan for 30 – 60 minutes of **structured*** activity per day.
- Plan for at least 60 minutes and up to several hours of **unstructured**** play per day.
- Preschoolers should not be sedentary for more than 60 minutes at a time except when sleeping.
- Make activity part of your usual routine.
- Enjoy being active with your preschooler.
- Eating well and keeping active go hand-in-hand.

MONTH _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Physical activity can stimulate physical growth, raise self-esteem, contribute to social development and enhance overall health and well being.

<p>COLD WEATHER ACTIVITIES:</p> <ul style="list-style-type: none"> - Playing in the snow - Sweeping or shoveling snow - Building a snow fort or snow - dinosaur/creature - Pulling a sled or wagon - Skating - indoors or outside 	<p>WARM WEATHER ACTIVITIES:</p> <ul style="list-style-type: none"> - Playing outside – kicking or throwing a ball, skipping, running, jumping, climbing - Playing sidewalk chalk games like hop scotch or 4 -square - Planting a garden - Supervised water play & swimming - Riding a tricycle, big wheel or bicycle - Playing with a soccer or beach ball 	<p>ANYTIME ACTIVITIES: (inside or outside)</p> <ul style="list-style-type: none"> - Dancing or moving to music - Walking or hiking - Scavenger hunt - Climbing on play structures or doing an obstacle course - Setting up a safe place to jump, climb and explore (e.g. inside - soft furniture, bean bag chairs and lots of pillows to build forts) - Swimming - Martial Arts - Gymnastics
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