



## Fall Safety Tips

**C**lothing and footwear: dress in layers in case children get warm during play.

**A**ctive supervision: watch for slips and falls on leaves, notice when it begins to get dark outside.

**R**ules and instructions: hand washing after playing outside is important during this messy time of year.

**E**nvironment and facilities: leaves can cover objects up – make sure play areas are clear and free of dangers.

**S**afe equipment: playground equipment may be slippery, check before playing.

## Did You Know?

If you need **information on subsidies for City of Calgary recreation programs** you can call 3-1-1

If you need **information on City of Calgary parks and activities in your area** you can call 2-1-1

If you need **help with transportation to recreation activities** you can call the Aspen Transportation Assistance Program at 403-219-3477



Centre for Child Well-Being  
[www.mtroyal.ca/wellbeing](http://www.mtroyal.ca/wellbeing)  
Integrative Health Institute  
[www.mtroyal.ca/integrativehealth](http://www.mtroyal.ca/integrativehealth)

Young Children and Physical Activity

## Fall Activities

*Did your child get 60 minutes of active play today?*



## Activity Ideas

Use local playgrounds for lots of ways to be active.

Rake up the leaves in the yard or park and have fun jumping into big piles!

On cooler days, try stretching activities:

Use animal names for stretches (cobra pose, cat stretch) and have the children try to stretch like each animal .



## Importance of Physical Activity – or Play!

Children who learn how to be physically active at a young age may be more interested in playing active games and will be well prepared.

Physical activity encourages children to use their imagination – which will help them in school and playing with other children.

***Give encouragement. Let your children know when you see them improving their skills and support them when they try something new.***

## More Activities...

Halloween is a fun fall event – make it active by walking door-to-door with the children instead of driving.

Create an obstacle course inside on rainy, cold days. Create tunnels, hurdles, and weaving challenges with various household objects, like chairs, tables, and hula hoops.

Play relay races both inside and out. Ideas for relay races include using large rubber boots, pushing a ball with your nose, or carrying a hardboiled egg on a spoon.

Musical chairs can easily be played inside – pick some favourite music to have the children really enjoy the game!