



Summer Safety Tips

Clothing and footwear: cool off inside by going barefoot.

Active supervision: watch for children who are too warm to ensure they have lots of water and take breaks.

Rules and instruction: set up boundaries for inside play areas.

Environment and facilities: try to keep the home cool so active children do not overheat. Open windows and fans can help cool down a space.

Safe equipment: while keeping children cool, be sure to keep them safe with window screens and fan blades protected.

Did You Know?

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

If you need **information on 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
Integrative Health Institute
www.mtroyal.ca/integrativehealth

Young Children and Physical Activity

Indoor Summer Activities

Did your child get 60 minutes of active play today?



Activity Ideas

Rainy summer days are great for going on a treasure hunt – make a list of items for children to find while sharing some treats (fruit or a juice-sicle) to celebrate all the items found: creativity, funniest item, and so on.

Have a dance party! Put on some favourite music and play a dance game:

Freeze! – When the music stops, everyone stops dancing



Importance of Physical Activity – or Play!

Children who are physically active will have healthy bones, hearts, and weight.

Play can help children develop their sense of sight (eggs in nests, insects), sound (birds singing, laughter), smell (different flowers), and touch (grass between the toes).

Remember your child's interests, needs and abilities. All children develop differently. Children should be able to do an activity well at first, and then find ways to make the activity more challenging to learn new skills. For example, a child who likes to jump: start by jumping on two feet and later try hopping on one foot.

More Activities...

Practice skipping:

Place markers on the floor (tape, material) and have the children step on one marker, hop, and then put the other foot on the next marker.

Try skipping to the beat of music once children feel confident.

Scarf toss:

Give each child a scarf, ribbon, toilet paper, or tissue paper. Dance to music. When the music stops, toss the ribbon in the air and try to catch it before it hits the ground!