



Spring Safety Tips

- C**lothing and footwear: spring weather changes quickly—bring jackets and rubber boots .
- A**ctive supervision: children who really enjoy playing can play too hard—watch for children who may start to look tired.
- R**ules and instruction: spring allows play inside and out—set rules on wearing shoes outside, which toys may be inside, and so on.
- E**nvironment and facilities: bugs are common at this time—bring insect repellent for outside play.
- S**afe equipment: be careful of hazards in playgrounds like glass and garbage.

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

Spring Activities

Did your child get 60 minutes of active play today?



Activity Ideas

Spring cleaning can be a very active task – have the children help with washing windows, walls, cleaning out closets, and other major spring chores.

It can be very windy during spring: try flying a kite – it can be a fun new hobby for the whole family!

Wash the family vehicle as a team and then enjoy a healthy treat!



Importance of Physical Activity – or Play!

Being physically active in early childhood will establish healthy behaviours and patterns for later childhood, adolescence and adulthood.

Physically active children learn important skills like problem solving and how to focus. These are important for school, hobbies, and other activities like learning a musical instrument.

The more children play outside the more active they are likely to be.

Actively supervise. Make sure children are safe, playing well with each other, and be prepared for accidents (a normal part of growing up).

More Activities...

On cold, wet days try these games:

Simon Says!: one person is “Simon” and gives instructions (touch your nose). The others playing can only do the action if “Simon Says” (“Simon says touch your nose”). Remember to take turns being Simon!

Limbo: have two people hold a broom stick at each end and challenge the children to go under by bending backwards. Lower the broom at each pass to see how low they can go!

Dress for the weather and jump in the puddles outside!