Parent Tip Sheet #11

Play Time Is Fun & Good for Your Child!

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.