

Physical Activity in

ANY WEATHER

Kids are getting way too much screen time these days—often up to 7 hours a day. Much of the time kids are spending in front of screens is time kids **USED** to spend being active.

Kids often get extra screen time when it is too cold or rainy to play outside. Let's get moving in any weather and replace screen time with physical activity!



Here are a few ideas to keep kids active indoors:

- Turn on music and have a dance party.
- Set up an obstacle course.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Play active games like Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, or Twister.
- Play balloon volleyball: break into two teams, each with a balloon, and kneel on the floor facing each other. The object of the game is to not let the “volleyball” touch the ground.
- Use the ‘5-2-1-0 Physical Activities Booklet’ that came with your toolkit.

MaineHealth

LET'S GO!

5-2-1-0