

# The Kid's Activity Pyramid

**Be active everyday!**

## Group Play

Activities where you play and learn skills with others. Join a team, pick a club or go to a class.

- Dodge ball
- Gymnastics
- Ice skating lessons

## Free Play

Activities you can do by yourself or with a friend anytime!

- Build a fort
- Four-square
- In-line skating

## Limit



Watching TV  
Playing computer and video games  
Sitting for more than 30 minutes

**Have fun by trying different activities.**

## Family Play

Families who play together, stay healthy together. What will your family do?

- Take a walk
- Turn off the TV one day a week
- Play at the park



## Free Play

Skateboarding  
Sledding  
Fly a kite  
Water fights  
Hide-n-seek  
Jump rope  
Tag

## Group Play

Dance lessons  
Kickball  
Karate  
Soccer  
Baseball  
Capture the flag

## Family Play

Play catch or frisbee  
Bike rides  
Nature hikes  
Swimming  
Scavenger hunts  
Explore different playgrounds



## Choose to Move

Help with chores  
Take the stairs  
Play with your pet  
Be active at recess

Dance to music  
Play active games or videos  
Chase bugs, frogs and butterflies

