



ACTIVE PLAY TOOLKIT



www.activegrand.ca

Toolkit Overview

Engaging in physical activity can set an individual up for success in many areas and domains of life: school, work and home, and in emotions, behaviours, relationships and leisure. The purpose of the *Active Grand Active Play Toolkit* is to provide Human Service Providers (the Influencers) with tools to help them improve their Participants' health and well-being through physical activity. The tools will equip the Influencer to confidently discuss physical activity with families of low socio-economic status. The tools will help the Influencer inform and motivate Participants and their families to adopt a healthy lifestyle by making small, positive changes in their everyday physical activity levels. Both the Influencer and Participant will see the benefits that physical activity has on their physical health, social, emotional and mental well-being. Please consider if Participants should be referred to their physician before engaging in more than light activity.

What is Active Grand?

- Active Grand is a strategy which seeks to promote increased levels of physical activity in our communities with a focus on women and families of low socio-economic status for health and well-being benefits.
- Established in 2007, the Active Grand Steering Committee is a partnership between various health, recreation and social services in the City of Brantford, County of Brant and Six Nations of the Grand River.
- The Active Grand resources will complement current and planned community, municipal, provincial and federal government health and physical activity programs with an important emphasis on Human Service Provision.
- Active Grand has been supported by the Ministry of Health Promotion Communities in Action Fund. Active Grand is currently supported by the Ontario Trillium Foundation and the Active Grand Partners: Brant County Health Unit, City of Brantford Parks & Recreation, City of Brantford Social Services, a Community Volunteer, County of Brant Parks & Recreation, Grand River Community Health Centre, and Six Nations Parks & Recreation.

Active Grand Goals

The Active Grand resources have been developed to help improve the well-being of families of low socio-economic status and to complement the Influencer's toolbox. These resources are intended to help the Participants:

- Find out how great it feels to be physically active.
- Understand the importance and benefits associated with being physically active.
- Know how to incorporate physical activity into everyday routines.
- Overcome obstacles to becoming physically active.
- Become aware of physical activity opportunities, services and resources.
- Value the role that physical activity has on overall health and well-being.

Toolkit Reproduction

The development of the *Active Play Toolkit* is funded by the Ontario Trillium Foundation and was printed in October 2011. The pages in the toolkit may be reproduced without permission in their whole form. The toolkit is also available on www.activegrand.ca. Active Grand welcomes your input on the effectiveness of these tools. Please direct your feedback and inquiries to info@activegrand.ca.



INFLUENCER & PARTICIPANT INTERACTIONS

- 2** Key Messages
15 minutes here... 15 minutes there
- 3** Physical Activity Inventory
Acknowledge & praise
- 4** Health & Well-being Benefits
Physical activity: a wholistic approach
- 5** Common Barriers
Plan creative solutions
- 6** Physical Activity Planning
Why? What? Where? When? Who?
- 7** Follow-up Conversation
Staying active
- 8** Free & Low-cost Physical Activities
Active play ideas
- 10** Website: Referral Tool
www.activegrand.ca

KEY MESSAGES

15 minutes here... 15 minutes there

Influencer Note: Use these phrases and leading sentences to initiate discussion about physical activity.

Did you know that you are already halfway to meeting physical activity levels for health and well-being benefits? Physical activity can add up when we make small everyday changes to our daily activities, for example:

- Walking to the store, to the bus stop, to appointments, to school with your children
- Taking stairs whenever possible
- Biking
- Playing in the playground or backyard
- Actively playing with your children
- Doing household chores
- Gardening/yard work

Physical activity does not have to include competitive sports or training at the gym. Physical activity for health and well-being includes daily activities that get you and your family moving!

To get you and your family more physically active, do what you are already doing, just do it more often, because the more you move, the better you will feel! Since you already have 15 minutes here ... just add 15 minutes there!

Get tips and resources at www.activegrand.ca to help you get *there!*

Physical Activity ...For Fun! For Health! For Life! ...For You!

Need internet access?

Your local library has it for FREE – you only need to have a library card (which is also FREE). While you are there, check out books and DVDs on stretching and physical activity you can do at home.

Influencer tip

Do you believe you are not the ideal physical activity role model? Use it as an asset! Set goals and learn together by following a physical activity DVD during your regular interactions.



PHYSICAL ACTIVITY INVENTORY

Acknowledge & praise

Influencer Note: Take a physical activity inventory to acknowledge the ways the Participant has been active today. Acknowledging and praising accomplishments (even the small ones) builds confidence!

- Walked to get somewhere (*active transportation*)
- Walked for fun
- Bicycled
- Played at the playground
- Played active games with his or her children
- Did household chores
- Climbed stairs
- Danced to music
- Gardened
- Did yard work
- Carried groceries
- Other _____

Ask the Participant

- What are other ways that could help you be more physically active today?
- What physical activities do you and your family enjoy most?

Remind the Participant

- There are many social benefits to being physically active! Remind Participants of this and to include family and friends in their physical activities.
- Is the Participant already halfway (quarter, two-thirds, etc.) to getting the amount of physical activity recommended for health and well-being benefits? Affirm the Participant's progress! (See folder or www.activegrand.ca for *Canadian Physical Activity Guidelines*).

Influencer Reminders

- Make the judgement call. Consider if your Participant should get a physician's clearance before engaging in more than light physical activity.
- Physical activity promotion needs an individual approach. Beginning an active lifestyle is easiest and most sustainable when one participates in activities he or she enjoys.
- Find more everyday physical activity ideas at www.activegrand.ca.

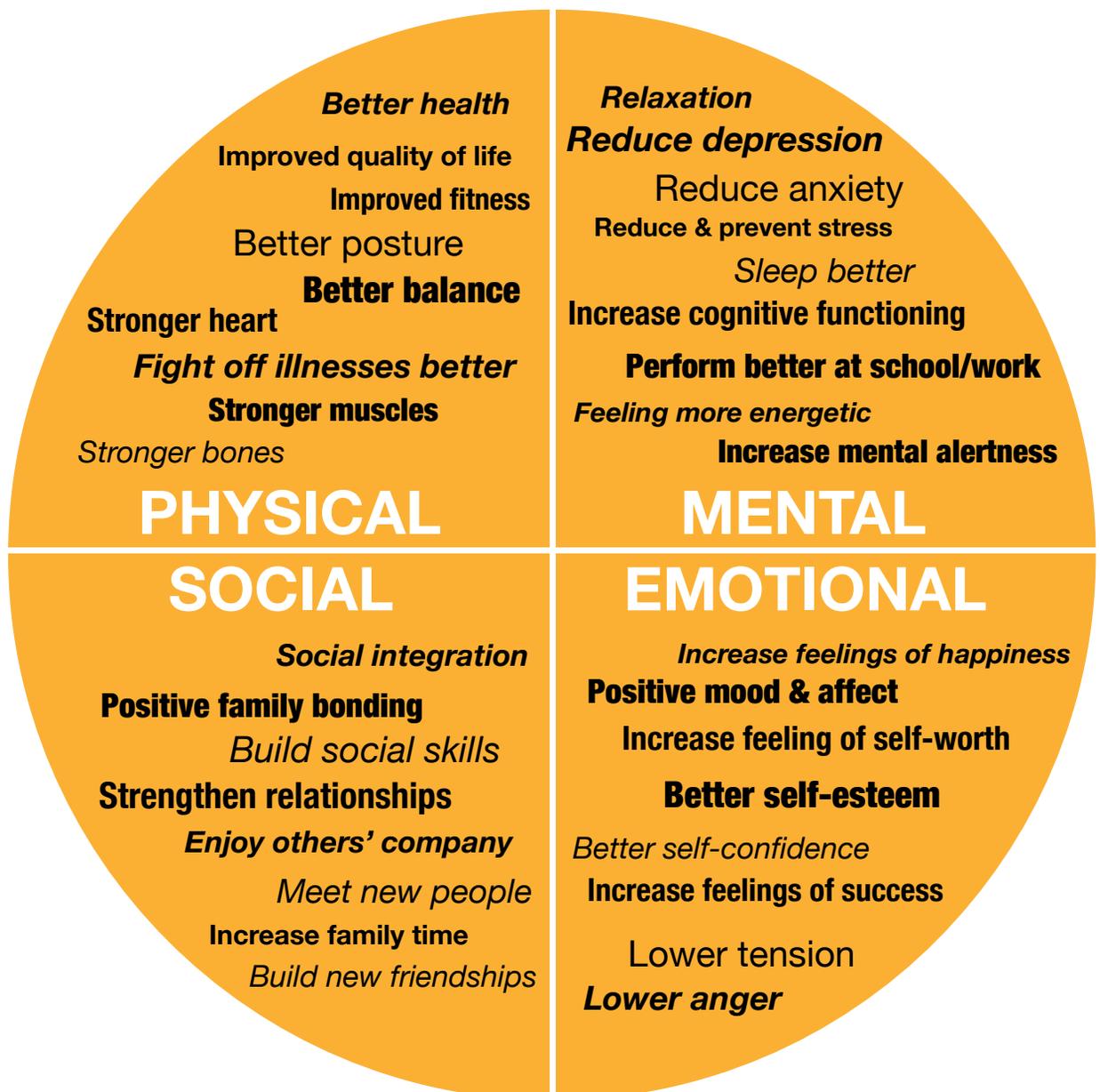
HEALTH & WELL-BEING BENEFITS

Physical activity: a wholistic approach

Influencer Note: Physical activity complements human service provision and medications to help improve overall health and well-being. Always look on bright side – promote the feel-good benefits. Tailor your benefits message to suit each individual.

Ask the Participant

- What benefits do you enjoy from physical activity?
- What benefits do you want to enjoy from being more physically active?
- In each area, circle the most important benefits to you. (Print the benefits wheel from www.activegrand.ca, under the *Healthy Living* page).



COMMON BARRIERS

Plan creative solutions

Influencer Note: While the barriers listed below may seem overwhelming, there may be creative solutions that help overcome them. Everyone has various barriers to participating in physical activity. Take an inventory of your Participant's barriers to being physically active. Help them build a plan to manage their barriers so they do not get in the way of increased physical activity. And remember, everyone has "off days."

I do not have enough time.

You do not need hours of free time to be physically active. You can achieve the benefits of physical activity even when you break it down into 10-15 minutes sessions a few times a day. Choose activities that are close to home to cut down on travel time. Adults, work your way up to 30 minutes or more most days of the week. Children and youth, work your way up to 60 minutes or more per day. Physical activity is about caring for yourself!

I do not have enough energy.

Plan your physical activity for when you feel the most energetic during the day – whether it is first thing in the morning, during your lunch break or just after dinner. Once you start being more physically active, you will begin feeling more energized. Make it part of your daily routine.

Physical activity is too expensive.

You do not need to join a gym or buy expensive equipment to get the health and well-being benefits of physical activity. Walking is a great way to move for FREE! Having fun with your children by actively playing in the backyard or at the park is also a great way to enjoy physical activity at little or no cost. Explore www.activegrand.ca for more FREE & low-cost activities. Make a list of inexpensive activities you can do as a family.

I get bored with physical activity.

Choose physical activities you enjoy. If you enjoy walking, explore different routes or make your walk a scavenger hunt (architecture, wild life, trees, etc.). Invite family and friends to join you and make physical activity a social activity as well. Switch between activities you enjoy to keep things interesting. Try new activities you have never participated in before. To find more ways you can enjoy physical activity near you, visit the *Activity List* or *Activity Map* pages on www.activegrand.ca.

I don't have transportation to be physically active.

By walking or biking to the store, school, work, appointments, etc., you are part of the ever growing Active Transportation movement! Physical activity can be done in the comfort of your home, backyard, neighbourhood, or at your local park. Take an inventory of what you have (i.e. soup cans as weights) and make physical activity plans with what is available. Start today and find out how great it feels to be active!

PHYSICAL ACTIVITY PLANNING

Why? What? Where? When? Who?

Influencer Note: As Influencers, you are already great at helping your Participants set SMART goals, so here are a few considerations to keep in mind when making physical activity plans.

Remind the Participant

- Movement is an opportunity, not an inconvenience
- Physical activity is about participation, not performance
- Physical activity is about self-care
- Have the Participant choose activities he or she enjoys
- Look at physical activity as an enjoyable opportunity
- Activity can be broken down into 10 minute sessions if needed
- Build activity into daily routines
- Physical activity can be fun for the whole family
- Physical activity is for overall well-being of the Participant and his or her family
- Choose sustainable and lifestyle physical activities

Influencer Reminders

- There may be side effects from medications and the Participant may question “How far can I go?” Slowly build up activity level; replace sedentary behavior with light or non-incident activity; and use your sound judgment if the Participant should be referred to a doctor before engaging in more than light physical activity
- Start where the Participant’s physical activity levels and abilities are. Gradually work up to the *Canadian Physical Activity Guidelines* (see folder or www.activegrand.ca for the *Guidelines*)
- Legitimize the role that physical activity has on overall health and well-being
- Suggest walking meetings with the Participant. You will both benefit!
- When modifying goals, consider duration, time of day, activity type, and intensity
- Anticipate potential barriers and have alternate plans
- The Participant needs to feel safe in the physical activity environment
- Remember the Participant could have fears or apprehension due to past bad experiences (e.g. laughed at school, weight gain because of medications, cannot envision self as being active)
- The Participant needs something to look forward to and something achievable
- There is no “one size fits all approach”

Want to Learn More?

Learn about *Physical Literacy* – it will help you legitimize the important role of active play. Physical literacy is about the need to give children opportunities for physical skill development before putting them in “specialized sports,” as children need to learn the fundamental movements to get an active start to life.

www.activeforlife.ca.



FOLLOW-UP CONVERSATION

Staying active

Ask the Participant

What activities kept you active this week? _____

What was it about the activity that you enjoyed? _____

What helped you continue with it? _____

What areas of your health and well-being did you notice improvements (physical, social, emotional, mental, etc.)? _____

What additional activities could you add to your daily routine, so that you can enjoy even more well-being benefits? _____

Has www.activegrand.ca helped you find FREE & low-cost ways to be active? _____

Remind the Participant

Progress can be measured in many ways (mood, sleep, self-esteem, well-being feelings, energy, building social skills, etc.)! Find out how the Participant wants to measure his or her physical activity progress.

Have More Time?

Alberta Centre for Active Living developed the *Physical Activity Counselling Toolkit*, which is available on their website. The worksheets are written in plain language which the Influencer and Participant can work through together or individually. Active Grand suggests using the *Behaviour Change* tools (see folder or a link on www.activegrand.ca for the *Behaviour Change* worksheets) which include the following topics:

- Taking the first step
- Make a physical activity plan
- Setting goals for physical activity
- What stops you from being physically active?

www.centre4activeliving.ca

Referral resource

Continually walk through www.activegrand.ca with Participants so they know how they can benefit from the website, ultimately, staying regularly active!



FREE & LOW-COST PHYSICAL ACTIVITY

Active play ideas

Influencer Note: Being physically active does not mean you need to be enrolled in a structured activity. Whether it is in your backyard or at a park, in the neighbourhood or on trails, here is a list of ideas to help you and your Participant brainstorm creative ways his or her family can enjoy being active. Choose one or a few ideas to keep active everyday!

Home/Backyard/Park

Active play is fun for all ages and gets the whole family moving without even knowing it! Active play can be done whether you live in the city with a park or you live in a rural area with a backyard.

- Plant and maintain a flower/vegetable garden at home or at a community garden
- Play hopscotch or create a mural with sidewalk chalk
- Have a picnic and play Frisbee
- Plan a weekly play group
- Have a water fight, run through a sprinkler or the splash pads at local parks
- Jump rope. Try Double Dutch.
- Create an obstacle course, have family races, or go on a scavenger hunt
- Rake leaves/shovel snow for your neighbour
- Play Hide & Go Seek or Tag
- Play in the snow, build an igloo, make snowmen, go sledding
- Borrow a dance/yoga/fitness DVD or book from the library
- Fly paper airplanes or a kite (try creating your own!)
- Climb a tree or build a fort with items found around your house
- Kick, throw or bounce a ball around
- Hide a treasure, create a map, and go treasure hunting!
- Dance to music. Try creating your own dance routine
- Chase butterflies or bubbles
- Swings are fun for all ages! Try making your own at home
- Mow the lawn and clean up the yard
- Play games: Simon Says, What time is it Mr. Wolf or Follow the Leader
- Have hula-hoop, juggling or jumping jack contests
- Clean out your closet, basement, garage and donate unused items
- Teach your children your favourite childhood games
- Create your own slip n' slide
- Wash your car or bike by hand

Did you know?

Be an active role model! One of the best ways to get children moving more is for parents/caregivers to lead an active lifestyle. Have fun and get moving with them!



Walking

Walking is the gateway to increased physical activity. It can be done by people at just about all levels of health, it is FREE and there is no need for childcare as you can take children with you.

- Walk children to and from school, during coffee breaks, or after meals as a family
- Meet a friend for a walk instead of over coffee
- Join or start a walking group
- Go on an Alphabet Walk; find something that starts with every letter on your walk
- Walk your dog (or your neighbour's)
- Walk or run around the playground/soccer field/etc. as your child plays
- Walk/run/bike and watch the sunrise/sunset
- Explore a park or part of a trail you've never been to before
- Take a walk on the trails along the Grand River and learn about the wildlife you see
- Climb stairs, even when you do not have to
- Get your arms pumping while you walk! Use soup cans as weights
- Rainy outside? Play anyway! Put on a jacket and grab an umbrella
- Cold outside? Put on a warm jacket, mitts, scarf, hat and go for a brisk walk
- Too hot? Walk and climb stairs in a mall or at home.

Community

- Pick your own strawberries/apples
- Plant a garden at your local Community Garden
- Clean up the neighbourhood
- Swim or play at a splash pad
- Fish or skip stones on the water
- Borrow a book about birds and go bird watching
- Explore local museums or contact your local Tourism department for events
- Contact your local Parks & Recreation department for FREE & low-cost programs and events being offered (e.g. watch for FREE & low-cost public skates and swims)

Influencer Reminder

A key to maintaining an active lifestyle is to do activities one enjoys! Find out what physical activities your Participant enjoys, or used to enjoy, without cost considered. Contact a physical activity resource to advocate on the Participant's behalf to ask if subsidies are available. Consider location if there are transportation limitations (tip: use the *Activity Map* on www.activegrand.ca to see a map view of the activity locations).

Want more ideas? www.activegrand.ca

- **Events:** a list of FREE & low-cost physical activities, programs, and events in your community
- **Seasonal Activities (under Healthy Living):** FREE & low-cost ideas
- **Activity List or Activity Map:** type "free" in the *Search by Activity* box
- **FREE & Low-cost:** find out what financial supports are available

WEBSITE: REFERRAL TOOL

www.activegrand.ca

Features

Activity Finder: Search for physical activity opportunities in the Brantford, County of Brant and Six Nations by location, activity type or keyword. The *Activity List* will show results in a list format. The *Activity Map* will show results on a map, which you can then click on an icon for further details.

Events: FREE & low-cost activities, events and programs are continually being updated for each community.

Healthy Living: Learn about the benefits of an active healthy lifestyle, get seasonal activity ideas, find additional website resources on physical activity and nutrition, and read local health statistics related to physical inactivity.

FREE & Low-cost: Where to find low-cost activities, equipment and financial support.

Toolkit: Download the *Active Play Toolkit* and other resources to help you keep active.



Searching the Activity List or Activity Map:

1. Go to the **Activity List** or **Activity Map**.
2. Click on your **community** of choice (top center).
3. Click on an **Activity Type** (left column) OR type in a **keyword** such as *free*, *low-cost*, *playground*, *walking*, etc. in the **Search by Activity** box.
4. Click **Search** (left bottom).
5. Results will be displayed. Click on an activity to read more details.
6. Read the details, visit the website (if provided), and click the **Get Directions** feature.
7. In the **Get Directions** feature, if you would like to search for directions from a different starting point than the default given, **move the blue person icon** on the map to where you want the starting point to be and click the **Refresh** button.
8. Begin your search over to find more ways to enjoy physical activity!

Facebook or Twitter user?

Follow Active Grand on the social media websites to stay updated on local FREE & low-cost activities and receive motivation tips to keep active!





INFLUENCER RESOURCES

12 Social Determinants of Health

Excerpt from *Active Grand Baseline Research Report*

- Backgrounder: Determinants of Health

14 Connecting Physical Activity & Well-being

What other professionals are saying & doing

- Active for Life
- Active Start
- Canadian Physical Activity Guidelines
- Dr. John Ratey, MD
- Minding our Bodies
- PARC (Physical Activity Resource Centre)
- ParticipACTION

15 My Notes

Physical activity resources I find helpful

16 My Notes

Local FREE & low-cost physical activities to remember

SOCIAL DETERMINANTS OF HEALTH

Excerpt from the *Active Grand Baseline Research Report*

Backgrounder: Determinants of Health

Many people in our community who face economic challenges are also those who are the least active. Furthermore, the Public Health Agency of Canada (PHAC) research indicates that socio-economic status is a strong predictor of health:

Much of the research is telling us that we need to look at the big picture of health to examine factors both inside and outside the health care system that affect our health. At every stage of life, health is determined by complex interactions between social and economic factors, the physical environment and individual behavior. These factors are referred to as 'determinants of health'. They do not exist in isolation from each other. It is the combined influence of the determinants of health that determines health status. *(Public Health Agency of Canada, 2003)*

Promoting increased physical activity, with the awareness of the determinants of health, will help prevent poor health status and improve overall well-being. The twelve key social determinates of health status identified by PHAC are the following:

Income and social status: Safe and healthy living are determined by income and social status. Limited options and poor coping skills for dealing with stress lead to a greater risk to a variety of diseases. The *Second Report on the Health of Canadians* indicates that, "Only 47% of Canadians in the lowest income bracket rate their health as very good or excellent, compared with 73% of Canadians in the highest income group." *(Public Health Agency of Canada, 2003)*

Social support networks: Support networks (i.e. family, friends, community) seem to protect against health problems, as they help people solve problems, maintain a sense of accomplishment and control over life circumstances, increase self-esteem and well-being. *(Public Health Agency of Canada, 2003)*

Education: Education not only increases opportunities for income security, it also improves one's ability to access information and resources to make healthy decisions. The *Second Report on the Health of Canadians* states that "People with higher levels of education have better access to healthy physical environments and are better able to prepare their children for school than people with low levels of education. They also tend to smoke less, to be more physically active and to have access to healthier foods." *(Public Health Agency of Canada, 2003)*

Employment / working conditions: Unemployment, underemployment, stressful or unsafe work environments are related with poorer health. *(Public Health Agency of Canada, 2003)*

Social environments: Communities are strengthened when resources are shared between the institutions, organizations and contributions of individuals. Resiliency, appreciation of diversity, safety, good working relationships, and collaborative communities provide a supportive social environment that reduces potential risks to good health. *(Public Health Agency of Canada, 2003)*

Physical environments: In addition to exposure of environmental contamination concerns, a community's built environment can create negative effects on well-being and participation in public activities due to factors related to housing, indoor air quality, the design of communities and transportation systems. *(Public Health Agency of Canada, 2003)*

Personal health practices and coping skills: Socio-economic environment influences in which people live, learn, work and play in, impact lifestyle choices through at least five areas: personal life skills, stress, culture, social relationships and belonging, and a sense of control. Interventions that help create supportive environments will strengthen the capacity of individuals to make healthy lifestyle choices. *(Public Health Agency of Canada, 2003)*

Healthy child development: Early childhood development is a powerful determinant of health on its own. On top of this, all of the other determinants of health affect the physical, social, mental, emotional and spiritual development of children and youth. Evidence from the *Second Report on the Health of Canadians* indicates that experiences from conception to age six is the most influential life cycle period for the developing of the brain. Positive stimulation early in life improves learning, behaviour and health into adulthood. *(Public Health Agency of Canada, 2003)*

Biology and genetic endowment: Aging does not imply poor health. Rather, it is active living and opportunities for lifelong learning that may be particularly important for maintaining good health and cognitive capacity in old age. *(Public Health Agency of Canada, 2003)*

Health services: Health services, especially those that seek to maintain and promote health, prevent disease, and restore health and function, contribute to population health. However, many low- and moderate-income Canadians have limited or no access to health services (i.e. eye care, dentistry, mental health counselling and prescription drugs). *(Public Health Agency of Canada, 2003)*

Gender: Even though women live longer than men, they are more likely to live with depression, stress overload (often due the challenge of balancing work and family life), chronic conditions such as arthritis and allergies, and injuries and death resulting from family violence. *(Public Health Agency of Canada, 2003)*

Culture: Dominant cultural values that contribute to the continuation of conditions such as marginalization, stigmatization, loss or devaluation of language and culture, and lack of access to culturally appropriate health care and services, may contribute to additional health risks for some people. *(Public Health Agency of Canada, 2003)*

The complete *Active Grand Baseline Research Report* is available on www.activegrand.ca.

CONNECTING PHYSICAL ACTIVITY & WELL-BEING

What other professionals are saying & doing

Active For Life

Research shows there is a correct way and time to develop the fundamental movement skills and fundamental sport skills that benefit children for their whole lives. *Active For Life* has learned that by making the process fun for children, they will stay active and have greater chances to become top-level athletes. The interactive website is great for Influencers and Participants.

www.activeforlife.ca

Active Start

Learn about Long-Term Athlete Development (LTAD) and refer parents/caregivers to the Parent and Resource sections of the website, for tips to help children get fun and quality activity they deserve. (See folder or a link on www.activegrand.ca for an *Active Start* article).

www.canadiansportforlife.ca

Canadian Physical Activity Guidelines

Learn how much physical activity is needed for health benefits. Colourful and easy to read posters are available on the website. (See folder or www.activegrand.ca for the *Guidelines*).

www.csep.ca

Dr. John Ratey, MD

Dr. Ratey's research on physical activity's positive impact on the brain has inspired many schools across North America to implement physical activity before the school day begins. At the local library, pick up Dr. Ratey's book, *Spark: The Revolutionary New Science of Exercise and the Brain*. On the website, read the article, *An ADHD Med Without Side Effects*.

www.johnratey.com

Minding our Bodies

An initiative of the *Canadian Mental Health Association* to increase capacity within the community mental health system in Ontario to promote physical activity and healthy eating for people with serious mental illness.

www.mindingourbodies.ca

PARC (Physical Activity Resource Centre)

PARC provides supports to Physical Activity Promoters across Ontario through consultation, training (including free webinars), networking, and knowledge sharing.

www.parc.ophea.net

ParticipACTION

A great website for Influencers and Participants. Receive physical activity facts, tips and resources. (See folder or a link on www.activegrand.ca for a *Lifestyle Tips* issue).

www.participaction.com





PARTICIPANT RESOURCES

Reproducible and available on www.activegrand.ca

- 18** 30 Ways to Play
Active Play Kit
- 20** I Role Model Physical Activity
For My Family Because...
Reasons I want to keep my family active for life

30 WAYS TO PLAY

Active Play Kit



An active life is a healthy life for your whole family. Play is not only a great family fun activity, but it also helps children prepare to learn, build social skills, develop physical skills, build problem solving skills, allows them to be creative, and improves their overall health and well-being. When parents are active, their children are learning to be active for life. Active Grand challenges you and your family to include more ways you can be physically active with these free and low-cost activities. It does not take much equipment to actively play and have fun!

Sample Active Play Kit Contents

- Chalk
- Juggling Balls
- Scoop & Toss
- Ball
- Punch Ball
- Skipping Rope
- Frisbee
- Pylons
- Tote Bag

- 1** **Scoop & Toss** the day away, on your own or with a partner. Challenge yourself by tossing the ball backwards, forwards, and under your legs.
- 2** Jump for joy with the **Skipping Rope**. Jump in reverse, Double Dutch, or sing a skipping song.
- 3** Have a ball together! Swing, toss, catch or kick the **Ball**.
- 4** Fly the **Frisbee** through the air with a partner. See how many times you can do it in a row without it dropping.
- 5** Draw a hopscotch game with the **Chalk** and use the **Juggling Balls** as markers.
- 6** Using the **Scoop & Toss**, toss 2 **Juggling Balls** at once, like you are juggling, with a partner.
- 7** Draw a seascape with the **Chalk**, add points for fishes, minus points for sharks. Line up behind the **Pylon** and see who can get the most points by throwing **Juggling Balls** at the seascape.
- 8** Become a juggling master with the **Juggling Balls**. Try 2 balls and then 3.
- 9** With two people holding the ends of the **Skipping Rope**, wiggle the rope on the ground like a snake and see how many times the third person can jump with two feet over the snake.
- 10** Go bowling! Set up the **Pylons** in a triangle shape, use the **Skipping Rope** as a line a distance away, and knock down as many pylons as possible with the **Ball**.
- 11** Target practice! In an open space, set up the **Pylons** at different heights (on boxes, posts, etc.) and throw the **Juggling Balls**, aiming to knock the pylons down.

Physical Activity ...For Fun! For Health! For Life! ...For You!

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- 12** Bounce your cares away with the **Punch Ball**.
- 13** Run with the **Scoop & Toss** racquet held out horizontally, with the ball inside. How long and fast can you run without dropping the ball?
- 14** Weave in and out of the **Pylons** by dribbling the **Ball** around them with your feet.
- 15** Using the **Active Play Kit** contents, create your own obstacle course. Include running, jumping, and throwing.
- 16** Go for a scavenger hunt walk! Use the **Tote Bag** to collect the items on the list you created.
- 17** With a partner, stretch from head to toe by standing behind one another and pass the **Ball** to each other, over the head and then under the legs.
- 18** Dribble the **Ball** like a basketball for as long as possible before it runs away from you.
- 19** With the Chalk, draw a mini basketball court, volleyball court, Kings Court, etc., and challenge your friends and family to a game.
- 20** With a partner, volley the **Ball** or **Punch Ball** (string removed) to one another without the ball touching the ground. Lay the **Skipping Rope** on the ground to create a boundary line, if you want to keep score.
- 21** Have a hoppy day! Have hop-on-one-foot races, using the **Pylons** as start and finish lines.
- 22** Are you in balance? Stand on one foot and have someone throw a **Juggling Ball, Ball** or **Punch Ball** to you. Catch and throw the ball back to your partner without losing balance.
- 23** Friendly **Frisbee** fun! Choose a frisbee thrower and have the rest of the people catch the frisbee. Award 2 point for catching it in the air and 1 point for catching it if it hit the ground first. Have the thrower continue until someone reaches 10 points and he or she is the new frisbee thrower.
- 24** Lay the **Skipping Rope** on the ground in a straight line. Jump over the rope back and forth, then on one foot, then the other.
- 25** Gather a few friends and play Tips with the **Frisbee**. You need at least 4 people and split into 2 teams. Throw the Frisbee and see how many times you and your team can tip it with your finger before it hits the ground.
- 26** Using the **Scoop & Toss**, use targets, such as the **Pylons**, for aiming practice.
- 27** Use the **Juggling Balls** to play handball against a wall.
- 28** Do the twist! With a partner standing back to back, pass the **Ball** or **Punch Ball** (string removed) to one another from side to side.
- 29** Let your neighbours see your creativity! Draw a mural with the **Chalk**.
- 30** Find a stick and play stickball baseball or stickball hockey with the **Juggling Balls** and the **Pylons** for a net.



I ROLE MODEL PHYSICAL ACTIVITY FOR MY FAMILY BECAUSE...

Reasons I want to keep my family active for life



- 1** By role modeling a regularly active lifestyle, my children are more likely to maintain an active, healthy lifestyle into their adulthood.
- 2** Physical activity provides proper development for my children.
- 3** While we walk or play together, I get to listen to my children talk about their day and get to know what interests them.
- 4** I get to see and hear my children's excitement when they have success with an activity (e.g. climb monkey bars, catch a ball, score a goal, etc.)
- 5** The time spent being active together strengthens my family's relationships.
- 6** Physical activity helps my family develop a healthy way of preventing and coping with stress, anxiety, anger and behavioural issues.
- 7** Physical activity creates a chance for everyone to be a champion and excel.
- 8** Through physical activity, my family and I are building our self-confidence and self-esteem.
- 9** My family and I laugh and have fun together while being physically active.
- 10** My family and I feel great when we are active!
- 11** Physical activity helps my children perform better at school.
- 12** My family and I are creating positive memories.
- 13** Another great reason I am proud of my family.
- 14** My family and I can enjoy good health.
- 15** Physical activity helps my family and I get a better night's sleep!

FREE downloads at www.activegrand.ca

- 30 Ways to Play
- I Role Model Physical Activity For My Family Because...
- Canadian Physical Activity Guidelines
- Physical Activity Tracker sheets
- and much more!



Physical Activity ...For Fun! For Health! For Life! ...For You!

www.activegrand.ca

THANK YOU

Active Grand partners and supporters

Active Grand would like to thank all of our partners and supporters for their contributions to the Active Grand initiative!

Active Grand Steering Committee

Brant County Health Unit www.bchu.org

City of Brantford Parks & Recreation www.brantford.ca

City of Brantford Social Services www.brantford.ca

Community Volunteer

County of Brant Parks & Recreation www.brant.ca

Grand River Community Health Centre www.grandriverchc.ca

Six Nations Parks & Recreation www.sixnations.ca



Active Grand is a proud recipient of the Ontario Trillium Foundation.



Active Grand is a member of the ParticipACTION Partner Network (PPN).



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Active Grand is a partnership between Brant County Health Unit, City of Brantford Parks & Recreation, City of Brantford Social Services, a Community Volunteer, County of Brant Parks & Recreation, Grand River Community Health Centre, and Six Nations Parks & Recreation.
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