



## PARTICIPANT RESOURCES

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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.

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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](http://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!



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