Prescription for Active Play

NAME: ___________________________ AGE: ______

WHAT TO DO:
- walk
- Run
- Hop
- Jump
- Catch
- Throw
- Kick
- Strike
- Balance
- Stretch
- Twist
- Toe-Touch

HOW OFTEN: Every day

HOW MUCH: Take many active play breaks during the day.

HOW HARD: A Happy Heart

GROWN-UPS: Try this yourself.
Make it fun.
Play along.

SIGNATURE: ________________________ DATE: ____________

A HAPPY HEART

Have child place a hand over the heart and ask, "What do you feel?"

Explain, "That is your heart beat! When the body is at rest it beats slow."

Do a short activity to increase the heart rate. Try jumping or running.

Explain, "Your heart beats faster when your body is working harder!"

"You have a Happy Heart!"

When a child is active they may breathe harder (but still able to talk). They may feel warm or even sweat. This is great! It shows a child is moderately to vigorously active.