



# Prescription for Active Play

**NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

## WHAT TO DO:

Walk

Catch

Balance

Run

Throw

Stretch

Hop

Kick

Twist

Jump

Strike

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:** \_\_\_\_\_



# Prescription for Active Play

## 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.**