

# Let's Keep Moving

## *Unstructured Play*



Physical activity is very important for the growth of children. It helps build a healthy body, stronger bones and muscles.

Children 3 to 5 years old should engage in at least two hours of physical activity a day. One of those two hours should be unstructured play.

What is unstructured play? It's play that is not parent or instructor-led; no directions, no rules, just FUN! It's free play like running, jumping rope, hopping, climbing, playing with balls, and playing with toys.

### Here are some ideas for unstructured play:

- Turn up music and let children dance however way they feel.
- Play easy games like "tag" "catch" "hide and seek."
- Play games in the yard or park.
- Take a nature hike.
- Play with pets.
- Throw a frisbee, kick a ball.
- Ride a bike, tricycle, skate, scooter.



Children love to move! Try to help them do it every day.