



Healthy Heroes  
love the power  
of play.

## 10 quick tips for indoor and outdoor play.

- Play reduces stress. A quick walk or bike ride before school allows kids to blow off steam so they are more ready to settle down to learn.
- Every child is different. Let your kids take turns picking a new activity for the family to try.
- Play outdoors all year. Sunlight helps our bodies make vitamin D, which increases learning and makes everyone feel better. Make sure to wear sunscreen!
- Pick gifts that let kids move: balls, skates, swings, mitts, dance and movement DVDs.
- Hike every park in the county: [www.monroecountyparks.gov/parks](http://www.monroecountyparks.gov/parks)
- Dance, dance, dance...as a family!
- Make an obstacle course of pillows and boxes in the house.
- Stretch before bed with your child. Both of you will have more energy in the morning.
- Play charades based on different sports, from climbing to golfing to swimming.
- Take a walk, or a bike ride, after dinner with your child.



Be A  
Healthy  
Hero™



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