

Being Active at Home

We, as physiotherapists, think it's important to include physical activity as part of every day! Your child enjoys lots of movement throughout the school day during classroom time, gym class and recess. Incorporating movement into your child's day while at home during the suspension of classes is highly recommended. We have provided a number of handouts and resources to give you ideas of ways to stay active with your child(ren) at home.

If any or all of this is too much, do what's best for your family. Our goal is make sure you feel supported and able to help your kids while they're away from school. Use as much or as little as you like. You are mom, dad, auntie, uncle, grandma, grandpa, etc. Be that for your child! Don't feel pressured to be teacher, program planner, or entertainer – just love your kids and stay healthy! Washing your hands doesn't hurt either. You've got this!

Physical Activity Guidelines

The Canadian 24-Hour Movement Guidelines recommend at least 60 minutes of heart-pumping (moderate to vigorous) physical activity per day, and several hours of a variety of structured and unstructured light physical activities.

Physical activity has a number of benefits, including:

- Stronger bones, muscles, and joints
- A stronger heart
- Decreased stress
- Learning new skills while having fun
- Better focus and concentration when learning
- Better sleep

Scheduling Physical Activity

When should you schedule time to be active? In short, anytime!

- Schedule movement activities throughout the day, with time for free time/unstructured play.
- Learning time can be active time! For example, counting while doing jumping jacks, or placing puzzle pieces throughout the house.
- *Find time to go outside if possible. Shovel snow, build a snow fort, pull around a toboggan, or go on a nature walk. Walk to a nearby park for more space to run around!
 - *Please note that these recommendations may change over time. Please check the Manitoba Health website at <https://www.gov.mb.ca/health/> or www.gov.mb.ca/covid19/index/html for up-to-date recommendations about being active outdoors. **Remember social distancing!**
- Vigorous physical activity can make kids more alert, so it's recommended to limit energetic activities before bed.

Ways to Help You Get Moving

- Create an obstacle course where you have to go over, under, around and through.
- Move around the house like different animals (bear walk, crab walk, frog jump, gallop like a horse, waddle like a penguin)
- Try different yoga poses. Create and name your own fun poses.
- Play Simon Says.
- Sing Head and Shoulders, Knees and Toes. Switch it up and use different body parts.
- Play outside in the snow. Crawl, climb, push, roll and throw.
- Make a hopscotch game to practice jumping and hopping
- Play Twister
- Put on some fun music and have a dance party!

Note About Screen Time

We are big advocates of limiting screen time for children, and nothing can replace face-to-face interaction, outdoor exploration, and screen-free play time. However, if you would like to combine screen time with movement, below are some resources to explore.

- Cosmic Kids Yoga
 - <https://www.youtube.com/user/CosmicKidsYoga>
- Go Noodle
 - <https://www.youtube.com/user/GoNoodleGames>
- 6 Apps that combine screen time and outdoor play
 - <https://activeforlife.com/6-apps-to-get-kids-active/>

Other Resources to Help You Get Moving

- Active for Life - 200 Activities to do at home
 - <https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/>
- Manitoba in Motion Children and Youth Activity Tracker
 - https://www.gov.mb.ca/health/activeliving/tools_resources/tracking/in_motion_children_and_youth_tracker.pdf

Prepared by the Seven Oaks School Division Physiotherapists, March 2020