

# KID'S ACTIVITY PYRAMID

- Watching TV

**LIMIT**

- Sitting for more than 30 minutes

- Being on phone/tablet

- Playing computer and video games



## GROUP PLAY -

Activities where you play and learn skills with others.  
Join a team, pick a club or go to a class.

Football - Baseball  
Dodge Ball - Gymnastics  
Ice skating Lessons



## GROUP PLAY



## FREE PLAY -

Activities you can do by yourself or with a friend anytime!

Skateboarding - Sledding - Flying a Kite  
Four-Square - Water Fights - Hide-n-Seek - Playing Tag  
Building a Fort - Jumping Rope - Shooting Basketballs



## FREE PLAY



## FAMILY PLAY -

Families who play together, stay healthy together!

Take Walks - Play at the Park - Nature Hikes  
Play Catch - Scavenger Hunts - Bikes Rides  
Swim - Turn off the TV one Day a Week

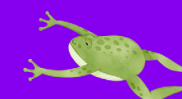
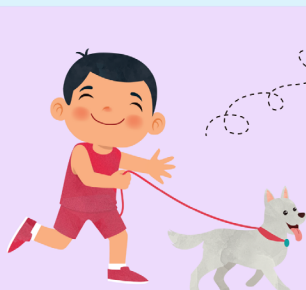


## FAMILY PLAY



## CHOOSE TO MOVE

Help with Chores - Play with your Pet  
Be Active at Recess - Dance to Music  
Take the Stairs - Play Active Games or Videos  
Chase Bugs, Frogs, and Butterflies



**\*\*If you have more questions about living a healthy lifestyle, follow up with annual wellness checks with your primary care provider.**