



# **Active Living Video**

## **Physical Activity: Get Active with your Kids**

Parent Take Home Package

Information and Resources

Developed by Judy Olivieri and Ryan Drew  
Project Manager Colleen Rogan

# Parent Take Home Package: Physical Activity

## This Package Contains

- Tips to be an Active Family
- Suggested Websites
- Suggested Books
- Song Book: Physical Activity
- ***Do as I'm Doing!*** picture cards
- Blank cards - to create own positions

# Tips to be an Active Family

- ✓ **Be active together**
- ✓ **Encourage both moderate and vigorous activities every day**
- ✓ **Play together**
- ✓ **Try new activities**
- ✓ **Be more active around the house**
- ✓ **Reduce inactive time**
- ✓ **Explore your community**
- ✓ **Get your family involved in local activities and events**
- ✓ **Be a good role model for your kids**
- ✓ **Leave your car at home**
- ✓ **Give gifts that encourage activity**
- ✓ **Develop a family action plan**
- ✓ **Invite others to take part**



# Suggested Websites

Visit these sites for more information on physical activity for young children.

## **Act Now BC**

[www.actnowbc.ca](http://www.actnowbc.ca)

Click on "Physical Activity" – topics include *Ideas for an Active Family*, *Children and Physical Activity*, and *Move for Life* video.



## **Physical Activity Guide**

[www.paguide.com](http://www.paguide.com)

Click on "Canadian Physical Activity Guide for Children and Youth" - links available for more information for older children.

## **Kid's Health**

[www.kidshealth.org/parent](http://www.kidshealth.org/parent)

Click on "Nutrition & Fitness" then "Fitness & Exercise" - many articles available in both print and audio.

## **LEAP BC**

[www.2010legaciesnow.com/leap\\_bc/](http://www.2010legaciesnow.com/leap_bc/)

Downloadable material available - *Move Family Resource* and activity cards, and *Hop Family Resource* and activity cards.



# Suggested Books

## Tips for reading with young children:

- ✓ Talk about and label the pictures in the book
- ✓ Let your child identify the pictures
- ✓ Read age appropriate stories
- ✓ Arrange the setting - sit in a comfortable chair
- ✓ Make sure your child can see the book
- ✓ Talk about the book with your child afterwards
- ✓ Make reading part of your child's daily routine

### ***Sally-Ann's Skateboard***

by Petronella Breinburg

### ***This is Soccer***

by Margaret Blackstone

### ***Duckie duck***

by Herts Berkhamsted



**\*\*Visit your public library for more children books,  
CDs and DVDs\*\***

# Song Book: Physical Activities



## Tips for singing with young children:

- ✓ Have fun – learn a song with your child
- ✓ Don't worry about the words, tune, beat – make up your own
- ✓ Sing in your native language
- ✓ Add a lot of actions to the song
- ✓ Repeat the song at least 3 times – helps the child learn the words and actions
- ✓ Dance, dance, dance – play, dance, and sing at home
- ✓ Visit the library and choose songs from different cultures

### **Make a Circle**

Make a circle, make a  
circle  
Make a circle like the  
sun,  
Make a circle and we'll  
all have lots of fun

### **Jump**

Jump, jump went the little green frog one day  
Jump, jump went the little green frog.  
Jump, jump went the little green frog one day  
And his eyes went hop, hop, hop!

Hop, hop went the little green frog one day  
Hop, hop went the little green frog.  
Hop, hop went the little green frog one day  
And his tongue went run, run, run!

Run, run went the little green frog, one day  
Run, run went the little green frog.  
Run, run went the little green frog one day  
And his legs went jump, jump, jump!

**Skip. Skip, Skip to my Lou**  
(On the spot skip and sing)

Skip, skip, skip to my Lou  
Skip, skip, skip to my Lou  
Skip, skip, skip to my Lou  
Skip to my Lou my darling!

(Change the word **skip** to other actions **jump, hop, dance** etc.)



**Do as I am Doing**

(use Stickmen pictures)

Do as I am doing follow, follow me.  
Do as I am doing follow, follow me.  
Can you make your body look like  
this?  
Can you make your body look like

**Open – Shut Them**

Open, shut them  
Open, shut them  
Give a little clap, clap, clap

Open, shut them  
Open, shut them  
Put them in your lap, lap, lap

Wave them, wave them  
Wave them, wave them  
High up in the sky, sky, sky

Wave to me, I'll wave to you  
Let's all say `bye bye`

**Good-bye Song**  
**(Tune of Popeye the Sailor Man)**

The morning has just flown by  
I bet I can tell you why  
Ever since it's begun  
We've had so much fun  
Now it's time to say good-bye  
Good-bye (clap clap)  
Goodbye (clap clap)  
It's time to say good-bye

# Other songs to sing with your child



## **Japanese Rain Song**

*(Begin with hands in the air  
While singing the song wiggle finger tips and bring hand down)*

Pit-ter-pat-ter, fall-ing, fall-ing, rain is fall-ing down.  
Mother-er comes to bring um-brel-la Rain is fall-ing down  
Pi chi pi chi, cha pu, cha pu, rain, rain, rain



## **The More We Get Together**

The more we get together, together, together  
The more we get together the happier we'll be  
'Cuz my friend are your friends  
And your friends are my friends  
The more we get together the happier we we'll be

## **Playmates**

*(Begin with closed fists)  
From a window in this house (open one fist, fingers point up)  
From a window is this house (other fist open finger point up)  
Playmates wave at each other (close fists, then thumbs wag at each other)  
They jump (Hand go up and down quickly)  
And have such fun! (Hands clap together)*







