Playtime...so good for me!

1. List two things you and your child can do to play together.

   1. _______________________________________________________________
   2. _______________________________________________________________

2. Playtime is good for your child because:
   a. It’s fun.
   b. It teaches him new skills.
   c. It helps make him healthy.
   d. All of the above.

3. True or False: Your family can play indoors or outside to become more active.

4. Be active AT LEAST this many minutes each day:
   a. 10
   b. 20
   c. 30-60
   d. 90

Playtime...so good for me!

1. List two things you and your child can do to play together.

   Anything active counts!

2. Playtime is good for your child because:
   a. It’s fun.
   b. It teaches him new skills.
   c. It helps make him healthy.
   d. All of the above.

3. True! Your family can play indoors or outside to become more active.

4. Be active AT LEAST this many minutes each day:
   a. 10
   b. 20
   c. 30-60
   d. 90