

## 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