



# HAPPINESS: Just One Of The Benefits Of Being Active

When you are active with your child, everyone benefits! Your child will also benefit when they play actively on their own, with you watching. This gives them new chances to explore and learn. All you have to do is make sure they are safe and supervised!

## WHEN CHILDREN ARE ACTIVE THROUGHOUT THE DAY, THEY:

- ✓ Build strong bones and muscles.
- ✓ Are better at problem-solving.
- ✓ Feel good about themselves.
- ✓ Sleep better.
- ✓ Focus on tasks for longer periods of time.
- ✓ Have a healthier weight.
- ✓ Are less likely to develop type 2 diabetes.
- ✓ Have more energy.
- ✓ Can run and play for longer periods of time.
- ✓ Enjoy higher self-esteem and get more chances to make new friends.





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## PARENTS AND CAREGIVERS WHO ARE ACTIVE WITH THEIR CHILDREN:

- ✓ Bond with their children.
- ✓ Get stress relief and feel happier.
- ✓ Are great role models for their children.
- ✓ Improve their self-image.
- ✓ Increase their flexibility and feel stronger.
- ✓ Have more energy and build their endurance.
- ✓ Lose excess body fat and get in better shape.
- ✓ Enjoy higher self-esteem and improve their focus.
- ✓ Have lots of fun!

There are so many fun ways for children 5 and under to get their bodies moving. Most of these ways can be split up into two groups: large muscle and small muscle activities.

### LARGE MUSCLE ACTIVITIES

These are activities that get the large muscles of the body moving like arms and legs.

#### Example activities:

- ✓ Learning to ride a bike, tricycle, or age-appropriate riding toys with wheels.
- ✓ Learning to swim and feel comfortable in the water.
- ✓ Walking, running, jumping and skipping.
- ✓ Catching and throwing a soft ball or foam ball.

### SMALL MUSCLE ACTIVITIES

These are activities that help develop small muscles like muscles in hands.

#### Example activities:

- ✓ Coloring.
- ✓ Gluing paper to paper.
- ✓ Learning to cut on a line using child-safe scissors.
- ✓ Writing and drawing.



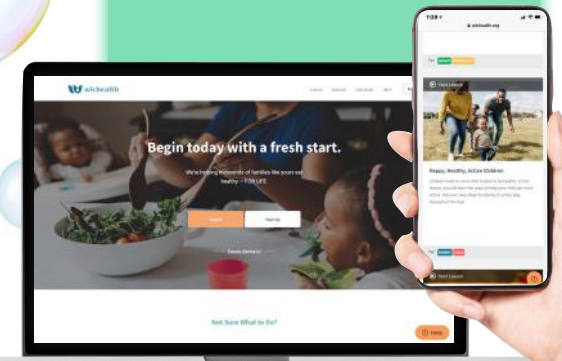
LESSON:  
HAPPY, HEALTHY,  
ACTIVE CHILDREN

### Take This Lesson to Learn:

- How being active helps children and parents be happier.
- Ideas for indoor activities.
- Low and no cost activity ideas.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Keeping Your Family Healthy**
- Choose the lesson: **Happy, Healthy, Active Children**



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