

LET'S MOVE



Active Play

WHAT ARE THE BENEFITS OF ACTIVE PLAY?

Active play not only has a positive influence on how children deal with stress and anxiety but promotes:

- Healthy growth and development
- Improved confidence and self-esteem
- Stronger bones, muscles and joints
- Better posture and balance
- A stronger heart
- A healthier weight range
- Positive social interaction with friends
- Learning new skills while having fun
- Better focus and concentration.

HOW MUCH ACTIVE PLAY DO CHILDREN NEED?

Australian guidelines suggest that children aged under one year should have lots of floor play. For babies who aren't up and about, 30 minutes of tummy time each day is good.

Children aged one year up to three years should be physically active for at least three hours each day. This includes energetic play.

Children aged three years up to five years should be physically active for at least three hours each day. This includes one hour of energetic play.

- Ref: *Raising Children Network*



WANT TO KNOW MORE?

'Get up and Grow' is a resource developed by the Australian Government that explores all the opportunities for, and benefits of, active play in early childhood.

[Click here to read more about the importance of active play.](#)

TRY SOMETHING DIFFERENT

During this time of home isolation and social distancing, we can find new and different ways of encouraging children to be active. GoNoodle has some great interactive experiences that children can dance and move to.

[Click here to explore GoNoodle Games.](#)

[Click here to learn more about GoNoodle.](#)

“Children more than ever, need opportunities to be in their bodies in the world – jumping rope, bicycling, stream hopping, and fort building. It's this engagement between limbs of the body and bones of the earth where true balance and centeredness emerge.”
- *David Sobel*

