

Active Solutions

Cost-Effective Strategies and Activities



Making physical activity part of the daily routine does not need to be expensive.

There are many ways to help children get the 60-90 minutes of physical activity that they need each day at no cost.



.....

Be physically active with recycled materials:

- **Newspaper toss** - use newspaper pages to crumple into balls. See who can throw their ball the furthest!
- **Milk jug scoopers** - use plastic milk jugs to create scoopers. Cut off the front of the jug, but leave the handle attached so that children can scoop up newspaper balls and throw them. Children can also pass newspaper balls back and forth with the scooper.

- **Story cards** - cut out pictures from old magazines and put all the pictures into a paper bag. Invite each child to pull out a picture from the bag and create a story from the picture together, including actions and movements.
- **Bowling** - use clean, empty pop bottles for a game of five or ten pin bowling, depending on the number of bottles you have.
- **Make a kite** from recycled materials; fly it outside in a safe area.
- **Have a recycling relay** to see who can get as many items as possible into the correct container in a specified amount of time. Have two or three teams form lines. Place a recycling bin and trash can at the end of each line. Team members will pass recyclables down the line as they say what kind of item it is – trash or recyclable. Each child must pass the item in a different way from how they received it (over head, under legs, around back).

Once the item gets to the end of the line, the last child puts it in the correct container.



Use what you have:

Whether you are an Early Childhood Educator or a parent, consider how you can influence a positive attitude toward physical activity:

- Build forts with blankets; use a card or kitchen table and cover it with a couple of blankets... open up the tickle trunk and imaginations will run wild
- Take a walk or hike together
- Create a backyard track meet: skip, hop, run, race, wheel and sprint
- Initiate a scavenger hunt to look for items in nature



Make homemade bubbles and invite the child to chase, jump and pop them. To make bubble solution, mix one cup of no tears baby shampoo with three cups of water. Make bubble wands out of sticks, straws or thin wire.

When financial barriers prevent participation:

- For larger items such as a playground equipment, check for grants that may be available to assist you: www.spra.sk.ca/funding
- KidSport™ is a charity dedicated to assisting children of families facing financial obstacles with participating in community sport programs: www.kidsportsask.ca
- Saskatchewan *in motion* is a province wide movement aimed at increasing physical activity; visit www.saskatchewaninmotion.ca to explore solutions to overcome financial barriers



Start to collect equipment – at little or no cost:

- Ask parents to consider donating items that their children have outgrown
- Ask a local business if they would be interested in donating equipment to help keep kids physically active
- Ask parents for scarves they are no longer using; they are great for twirling and catching
- Look for organizations within your community that might lend different physical activity equipment to your facility for a few weeks



Ministry of
Education