

# Active Solutions



## Success Stories from Across Saskatchewan

Some of the greatest ideas for keeping children physically active have come from Saskatchewan early childhood educators and child care providers.

You are an important contributor to children's healthy development by helping them participate in the 60-90 minutes of physical activity they need each day.

### Stories of Success

Educators from all across Saskatchewan are working to keep children healthy and active. Here are some ways that early childhood educators have ensured physical activity is part of each day.



### 2) Be inclusive

"In my child care, everyone participates in the activities planned. We play on the dancing mat, practice belly dance and Latin dance, ride on riding toys, play musical chairs, ring around the rosy, duck-duck-goose, and hide and go seek. We go outside almost daily and walk to the park, hill or zoo by our house. I try to incorporate as much physical activity as possible into our day!"

### 1) Use what you have

"Take all the cushions off the couch and jump from cushion to cushion around the room. We also like to act like animals and crawl and slither around the room! We have tried yoga with 'kid' poses and the children love it!"

### 3) Create an active environment

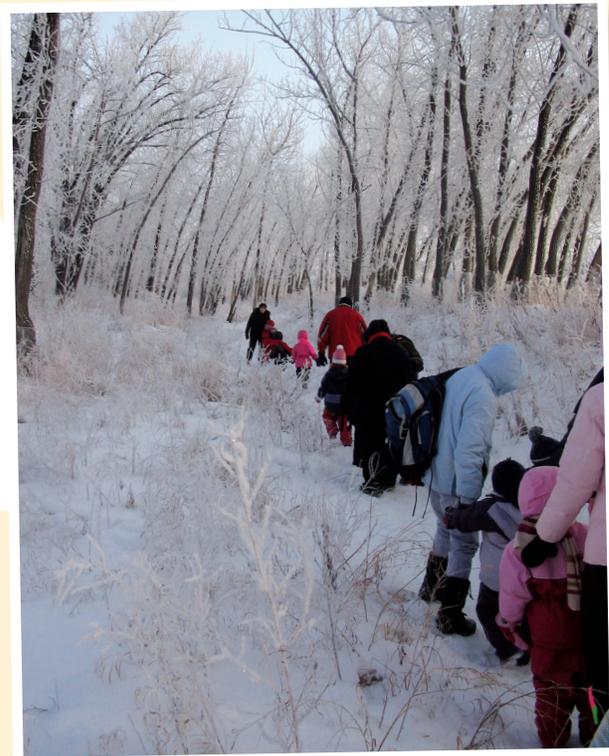
"For infants and toddlers, we incorporate a variety of gross motor activities such as using a pull up bar with mirrors, crawling through tunnels, rolling big balls, having tummy time and laying on the floor to promote moving of legs and arms."

### 4) Be an active role model

"We have several huge snow piles in our yard that the children climb on. We find that when the adults have fun and play, the children love running and playing outdoors in the snow as well. We also go on nature walks together, use bicycles and tricycles outside, and use the indoor climbing structure, balance beams and parachutes."

### 5) Find out the interests of the children

"It was really important to observe and listen to the children to know what their interests were. Most children in this area have a ranching or farming background, so they are very interested in more activities outside and seemed engaged in dramatic play, inside and outside, that includes calves, horses and roping. We quickly purchased some children's roping kits including gloves, a lariat and a steer head so that they could continue to do this activity in a safe way. The older children were excited to set up the bales and equipment for the roping activity. Close supervision for this activity is advised."



### 6) Turn off the TV

"There is no TV watching at our program so the children are usually running around and playing all day! We take them outside as often as possible, sing along to songs with action movements, dance, create marching bands with instruments, make obstacle courses, and take walks to the park in all seasons."

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