

My Active PLAYbook

Name: _____

Steps + Sweat = Healthy Brains

Educators & Caregivers, check out the thought bubbles for facts from the *2018 ParticipACTION Report Card on Physical Activity for Children & Youth



Halle Hedgehog

* <https://www.participaction.com/en-ca/resources/report-card>



Welcome To The Active PLAYbook!

PLAY stands for...

P - Physical

L - Literacy

A - And

Y - You



Developing physical literacy means learning new skills to be active in a fun and motivating way. Use the games and activities in this book to inspire you to live an active life.

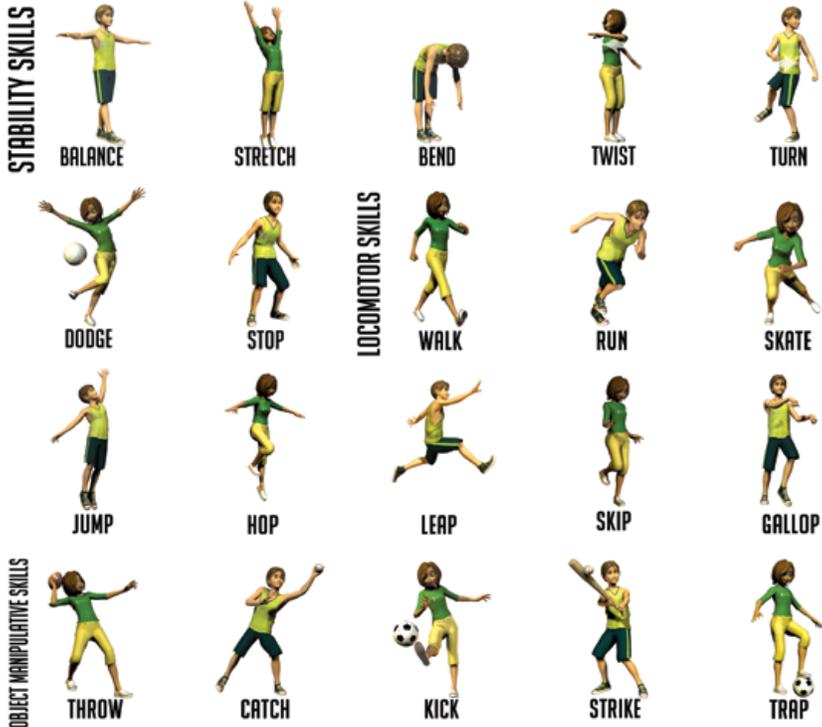
Favourite physical activity:

What makes me excited to be active:

Who I like to be active with:

Active skills I'm pretty good at:

Active skills I want to get better at:



Check out the skills from the My Skills Worksheet for ideas. Link to the full Worksheet here: <http://befitforlife.ca/resources/my-skills-worksheet>



Parent/Caregiver Tip: Find ideas for PHE Movement Skills Cues here!



MY ACTIVITY TRACKER

Did you know that you should be getting 60 mins of energetic activity each day? A good way to make sure you are getting 60 mins is to list your activities and the number of minutes you participate in them. Then add up the minutes for each day. More info at <https://csepguidelines.ca>

Activity	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes
Total Physical Activity Minutes					

Reflection

Did you know that tuning into yourself can help you choose what activities to try next? Throughout each day, take a moment to ask yourself the following questions:

How do I feel today?					
What am I grateful for?					
My hopes and dreams?					

LET'S WARM UP!

Complete 2 moves from each column and perform each move for 30 seconds each.

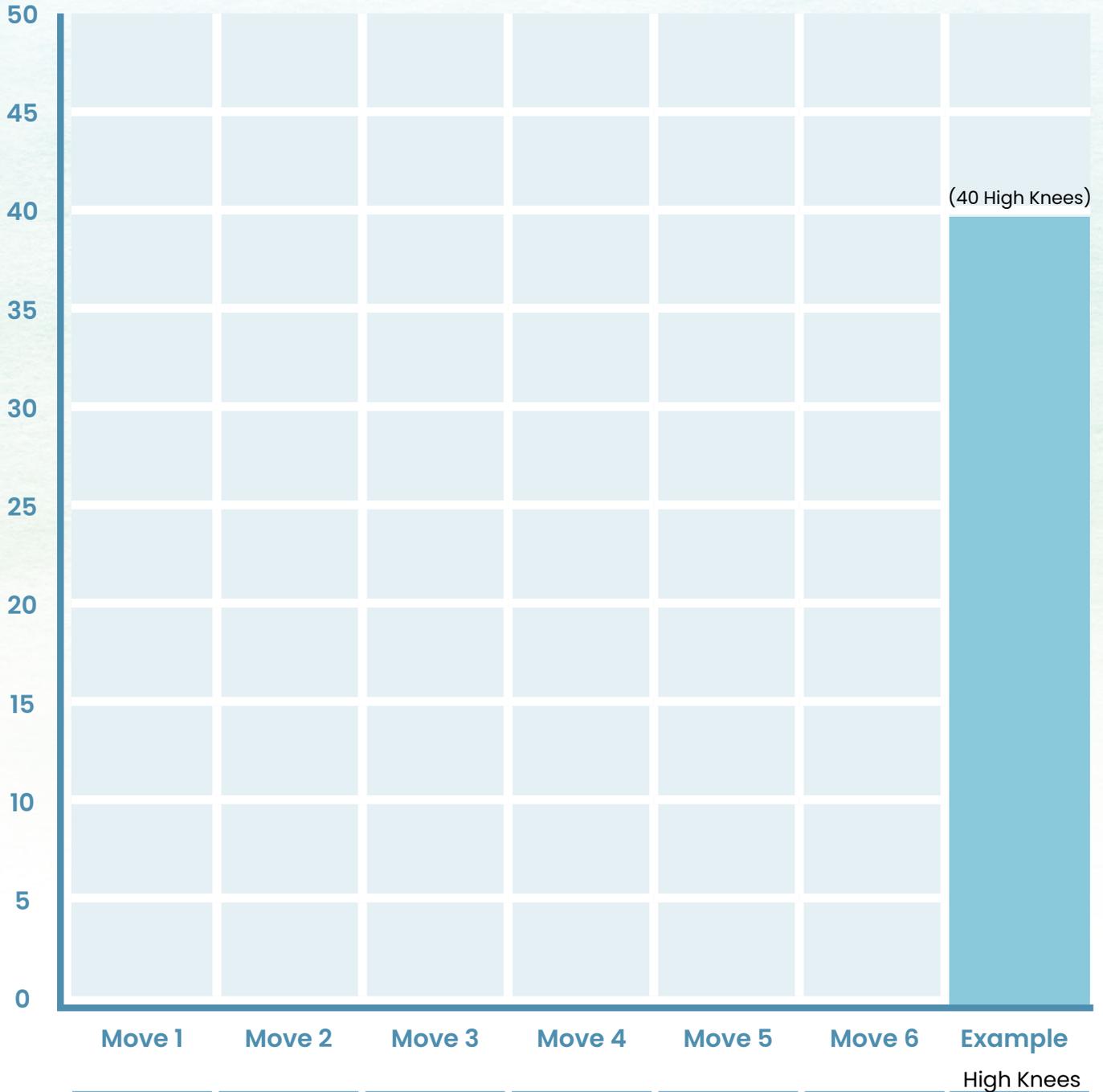
HEALTHY HEART	DYNAMIC	STABILITY
		
JUMP - DISTANCE	JUMPING JACK	ONE FOOT BALANCE
 		 
HOP	HAND TO FOOT KICKS	AIRPLANE BALANCE
   	 	 
MOUNTAIN CLIMBERS	SPIDERMAN CRAWL	TREE BALANCE
 	 	
HIGH KNEES	  	THREE POINT BALANCE
LEAP	 	
SIDE SHUFFLE	WALKING LUNGE WITH A TWIST	BALANCE PARTNER CHALLENGE

Download the full poster here:
<http://befitforlife.ca/resources/lets-warm-up>



GRAPH IT

Count how many times of each move you complete in the 30 seconds and colour the blocks to make a bar graph with your results.



Increased Movement = Decreased Stress

Physical activity is a great tool to lighten stress from school and friends.

MOVEMENT DICE

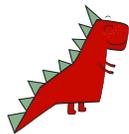
Roll a dice and perform the activity listed on the poster.

MOVEMENT DICE

A game to explore movement with young movers



REACH FOR THE STARS
CAN YOU REACH ONE?



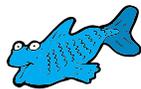
DO THE DINO STOMP!
MOVE LIKE A DINOSAUR



BLAST OFF!
COUNTDOWN FROM 5 & JUMP TO
BLAST OFF!



WALK THE PLANK!
PRETEND TO BALANCE ON A LINE &
WALK THE PLANK



SWIM LIKE A FISH!
WHAT KIND OF FISH ARE YOU?



GET DOWN... GET UP!
GET LOW & GET UP 5 TIMES



befitforlife.ca/resources
everactive.org/resources

More info at <http://befitforlife.ca/resources/movementdice>



BUILD YOUR OWN MOVEMENT DICE POSTER

FITNESS DICE











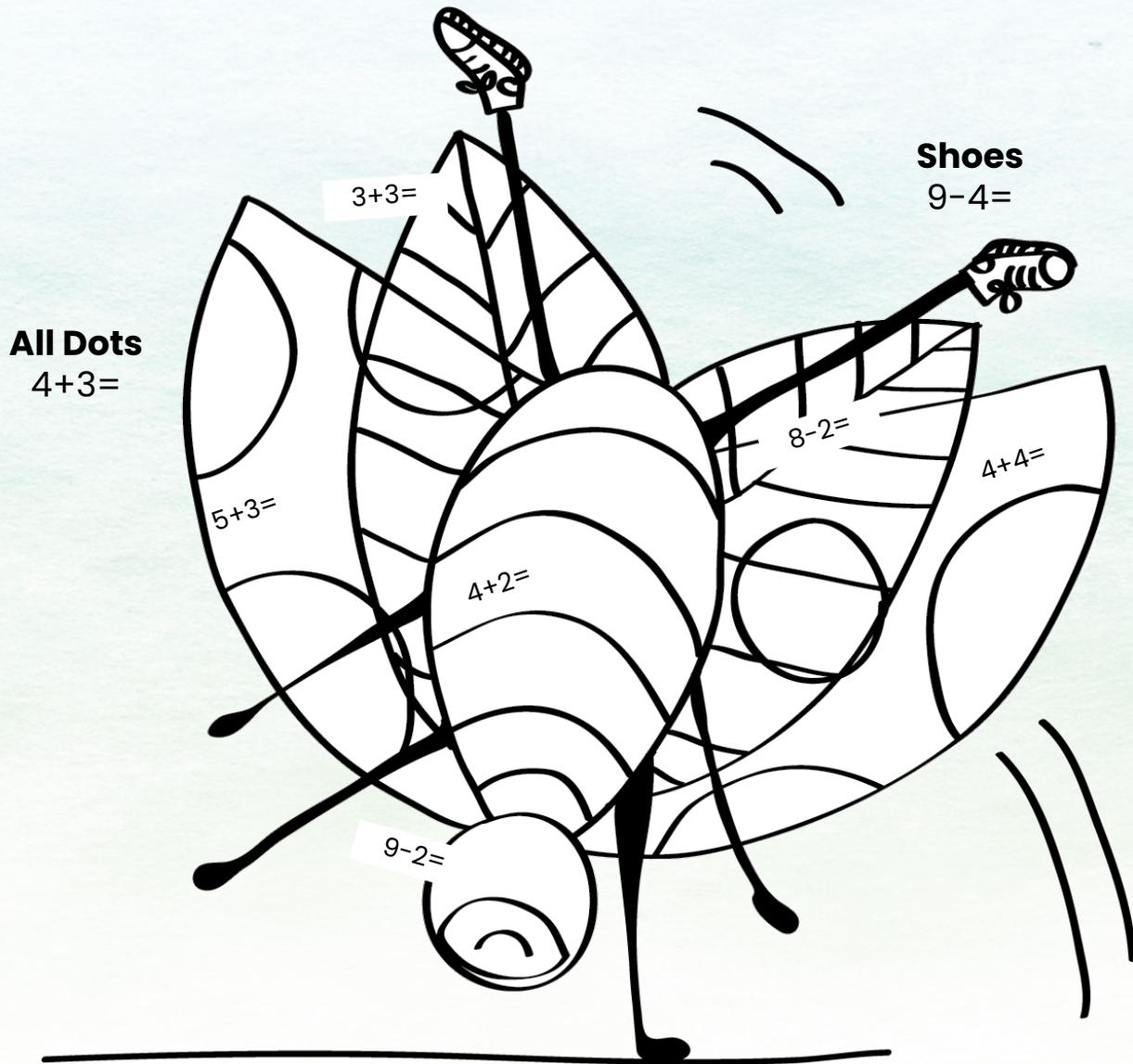




www.befitforlife.ca/resources
www.everactive.org/resources

Being active helps kids manage dealing with stress.

COLOUR BY MATH & MOVEMENT



Colour the sections of Lyla the Lady Bug based on the answer key below and complete the activity listed each time you colour a section:

5 = PINK (favourite dance move)

6 = GREY (kick a ball, balloon or pillow)

7 = BLACK (star jump)

8 = RED (throw a ball or balled up piece of paper)

Try choosing your own activities for each colour match.

Lyla Ladybug is a character in the BFFL Reach, Twirl, Curl Up Small moving story.

View and participate in the reading of the full story here:
<https://www.youtube.com/watch?v=2C4hqBEBYko>



REACH, TWIRL, CURL UP SMALL MAD LIB

Brainstorm Word Lists...

- Create a list of adjectives (descriptive words like colours or emotions):
- Create a list of nouns (things):
- Create a list of animals:
- Create a list of verbs (action words):

Insert words from your lists into the story...

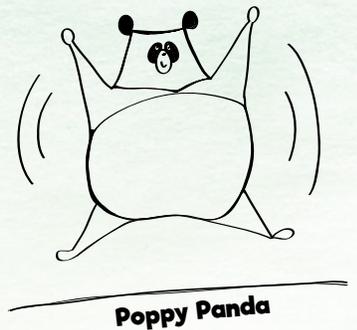
_____ , what can you do?
adjective animal

I can _____ up high, can you?
verb

Can you _____ and _____ the _____ ?
verb verb noun

Can you _____ so very far?
verb

Act out the action words (verbs) while you read your story.
Try it again with different words from your lists.



Breaking a Sweat Releases Happy Hormones!

Kids who are active experience a rush of feel-good brain chemicals.



Find the real Reach, Twirl, Curl Up Small moving story at
<http://befitforlife.ca/resources/reach-twirl-curl-up-small-board-book>

YOGA BREAK

Try this yoga sequence from the BFFL's Yoga Techniques for the Classroom resource.



With every breath, imagine a flame of energy inside you growing brighter and brighter.



Imagine hot lava shooting out the top of the mountain with each exhale.



Lift your head like a purring kitty, then round your back like an angry cat.



Imagine your body is stretchy pretzel dough. Stretch and twist up the dough as you look around behind you.



Make deep footprints and reach your arms up to the tip of the mountain top.



Create the shape of a half moon shining bright in the night sky.



Imagine the heat of the sun radiating in all directions from your belly.



Stand up like a monkey with your arms so long that your hands touch the ground.



Imitate a stork or flamingo as they balance effortlessly.



Imagine a mountain climber sitting on a mountain top, gazing out at their accomplishment.



Pretend you are a rag doll completely limp on the ground.

Hold each pose for 5-10 breaths. Try adding movement to the pose by slowly moving in and out of the pose a few times. Breathe deeply but gently.

Link to the full resource here:
<http://befitforlife.ca/resources/yoga-techniques>



CONNECTING NATURE AND PHYSICAL LITERACY

Go for a walk and make a list of all the things in nature that you see. Then perform a yoga pose to represent each item. If you don't know a pose for a certain thing that you have found, simply make up your own! Use the [Connecting Nature and Physical Literacy Scavenger Hunt](#) as an inspiration for your search.

Connecting Nature and Physical Literacy A Family Nature Scavenger Hunt



- Identify 5 different colours
- Find 2 things to balance on
- Find something to crawl under
- Find 3 things to jump over
- Find 2 things that are smooth to touch
- Find 2 things that are rough to touch
- Find 3 things that smell different
- Find 3 different kinds of bugs
- Find something you think is beautiful
- How many different kinds of birds can you find?
- Look under rocks – can you find anything?
- Pick up a piece of litter and put it in the garbage when you leave

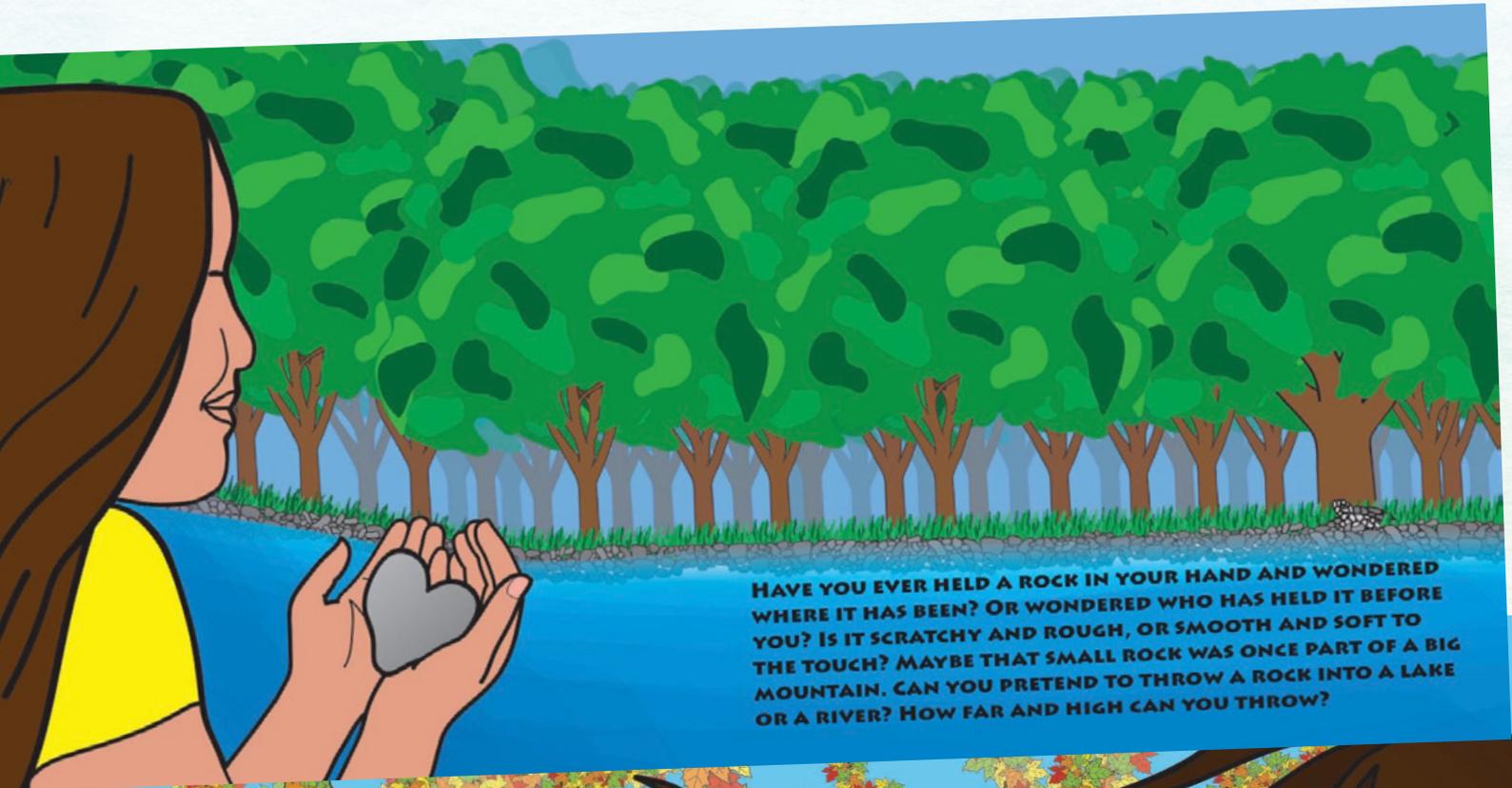
Being active can help kids to recover from stressful situations faster.



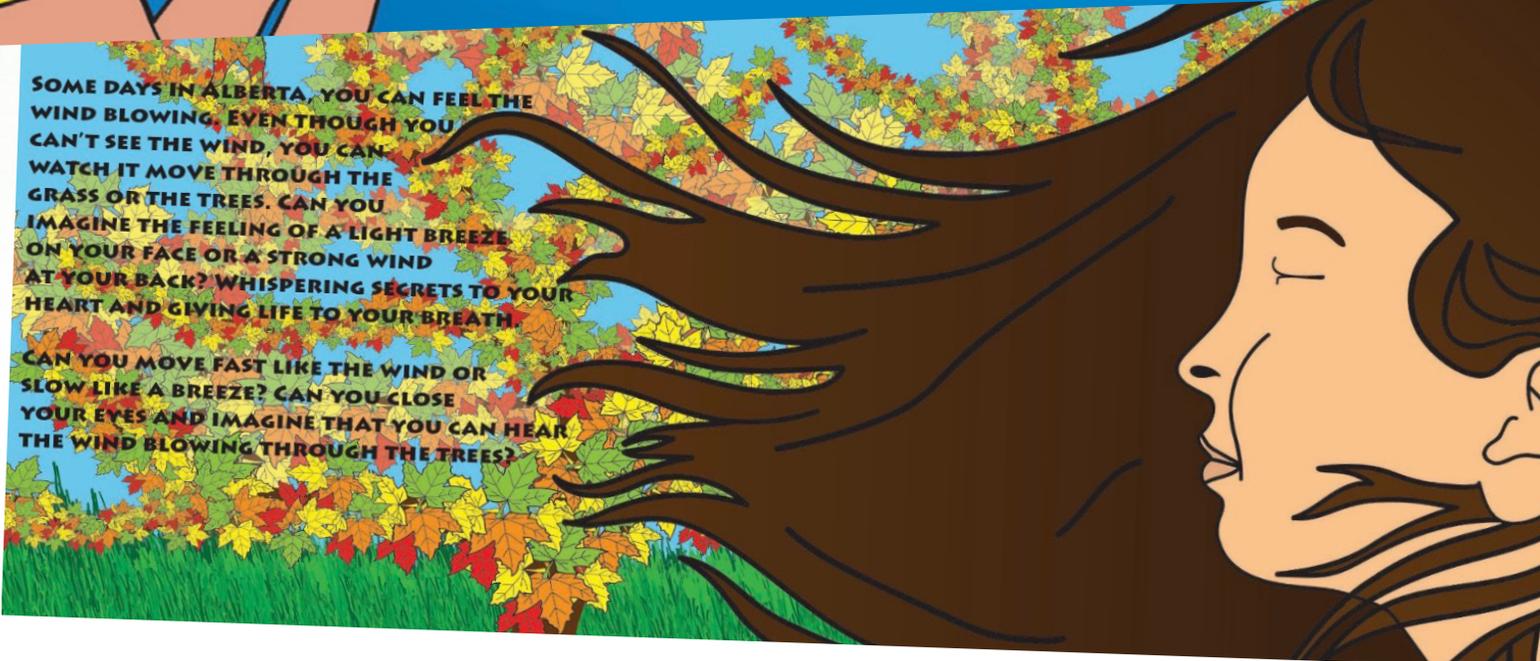
Check out the Active Family Bucket List for another fun family fun idea here:
<http://benefitforlife.ca/resources/myactivefamily>

MOVING STORIES

Read a story and act out the actions described. Try it with these pages from the BFFL's As Big As the Sky, As Tall As the Trees moving story.



HAVE YOU EVER HELD A ROCK IN YOUR HAND AND WONDERED WHERE IT HAS BEEN? OR WONDERED WHO HAS HELD IT BEFORE YOU? IS IT SCRATCHY AND ROUGH, OR SMOOTH AND SOFT TO THE TOUCH? MAYBE THAT SMALL ROCK WAS ONCE PART OF A BIG MOUNTAIN. CAN YOU PRETEND TO THROW A ROCK INTO A LAKE OR A RIVER? HOW FAR AND HIGH CAN YOU THROW?



SOME DAYS IN ALBERTA, YOU CAN FEEL THE WIND BLOWING, EVEN THOUGH YOU CAN'T SEE THE WIND, YOU CAN WATCH IT MOVE THROUGH THE GRASS OR THE TREES. CAN YOU IMAGINE THE FEELING OF A LIGHT BREEZE ON YOUR FACE OR A STRONG WIND AT YOUR BACK? WHISPERING SECRETS TO YOUR HEART AND GIVING LIFE TO YOUR BREATH. CAN YOU MOVE FAST LIKE THE WIND OR SLOW LIKE A BREEZE? CAN YOU CLOSE YOUR EYES AND IMAGINE THAT YOU CAN HEAR THE WIND BLOWING THROUGH THE TREES?

Make any book from home a moving story by acting it out as you read each page.

View and participate in a reading of the full story here:
<https://www.youtube.com/watch?v=ABSTkkbZV5Y>



CATCH THE FALLING STARS!

Channel your inner superhero and complete the sample lesson below from the BFFL resource Learning to Fly. Find the resource here: <http://befitforlife.ca/resources/learningtofly>



If you don't have scarves, try it with a bunch of tissues or balloons...

superheroes

Catch the Falling Stars!

Adapted from "Balloon Body Toss", Move and Play through Physical Literacy Cards

Equipment Required

Scarves (as many as possible)

Modification

For older children, encourage them to keep the scarves up with different body parts for an added challenge and/or increase the number of scarves that each child needs to keep in the air. Younger children can practice with just one or two scarves, picking it up and throwing or releasing.

Activity

1. Have the children spread out around the activity space and put as many scarves out as you have available.
2. Explain that scarves are shooting stars that are falling and the children have to try and keep them up in the sky.
3. Have the children throw the scarves up and encourage them to keep the scarves in the air trying to not let them touch the ground (or fall out of the sky!).

Object Manipulative Skills



What type of superhero would you be and what special powers would you have? _____

Increased Movement = Increased Self Esteem

...which leads to better moods and feeling content.

ANIMOVES

Make up a story with the animals below and perform the actions listed for each.

Pp



piita
eagle

MOVE!

- Stretch your arms wide and soar around the room like an eagle
- Stand tall and proud, using eagle eyes to see things far away

Nn



natayo
lynx

MOVE!

- Leap from one 'rock' to another, moving quietly like you are hunting prey, slowly and quietly on all fours

Oo



otahkaapi
palomino horse

MOVE!

- Reach your hands up, roll your fists like a rearing horse
- Shake your head and neigh like a horse
- Buck like a horse, hands on floor while kicking legs up backwards

AniMoves is available in multiple Indigenous languages. Link to more animals and movements here, including a link to the Blackfoot pronunciations: <http://befitforlife.ca/resources/animoveslanguages>



Write your story on this page and try these story starters:

Once upon a time in a deep, beautiful ocean...

Way back in the back woods, where the ants didn't even go, I remember....

Busy Bodies = Bigger Brains

Parts of the brain that control memory and learning are larger in active kids.

MY ZEN

Try out these sample mindfulness techniques, notice how you feel.

ANCHORED BREATHING

10-A

Do You Hear What I Hear

- Listen to the sounds in the space you are resting.
- Count how many different sounds you can hear.
- What is the closest sound you can identify.
- What's sound do you hear at the furthest distance.
- Let all the sounds meld into white noise.

PICK ME UP

17-B

Bunny Breathing

- Sniff 4 quick breaths in through your nose and follow with a big sigh as you exhale.
- Repeat 4 more times imagining you are cleansing your body and mind of anything negative.
- Follow with 3 deep nourishing breaths.

LET GO

Contract/Release

- Get into a comfortable position, seated or lying down.
- Scan your body and take note of any areas holding tension.
- Perform a contract/relax technique with the areas that you feel tension.
- Ex. Often people hold tension in their neck and shoulders. Breath in and contract – scrunch your shoulders to your ears, then as you breath out – let your shoulders relax and feel the tension melt away with your breath.
- Try this contract/relax technique with any areas holding tension, performing the technique once per body part:
 - * Make fists or over stretch your hands.
 - * Clench your jaw or open your mouth wide.
 - * Tighten your legs.
 - * Firm your abdominals.
 - * Squeeze your back.

BALANCING

12-B

Line Breathing

- Picture a line with a point at each end.
- As you breath in, follow the length of the line in your mind until you reach the opposite point.
- As you breath out, follow the length of the line back to the starting point.
- Continue to follow the line with each breath and begin to notice the space between the in and out breath as you settle your awareness on the point at the end of the line.
- Avoid holding your breath, simply notice the space at the end of each inhale and exhale.

Link to the full Zen Me resource here:
<http://befitforlife.ca/resources/zen-me>



EMPOWER

19-B

Stress Re-direct

- Hold a squat or wall sit.
- As the position becomes uncomfortable, direct the tension out of the body by using your focus to move the energy away from the point of discomfort.

ENERGY PLAY

13-B

Shake Shake

- Do you feel like you have a little excess or restless energy? Maybe you've been sitting too long?
- Play your favourite "shake" themed song and shake it out!
- Give a shake to your hands, hips, shoulders, knees, feet, gently shake your head, shake your whole body!

BALANCING

Ocean Tide

- Pretend you are laying on the beach at the edge of the water.
- Breath in and imagine the water wash over your legs.
- As you breath out, feel the water wash away.
- Be aware of the space between each wave and notice the equal rhythm of each inhale and exhale.

My Zen

(List the technique that works best for you today)

Zooming Around Helps Kids Zoom In!

Kids who participate in physical activity have more focus and longer attention spans.

HOOP & DART

This is a Traditional Indigenous Game and was a game played by children to become skillful at hunting.



Hoop & Dart With Equipment From Home

Traditionally materials were harvested from nature but you can try this fun game with items you may have around your home. The traditional equipment can be substituted with a hoola hoop and a pool noodle.

A simplified version of the game involves a partner rolling the hoop and then, while standing a distance away, throw the dart through the hoop. Take turns with your partner alternating between the dart thrower and hoop roller.



More game ideas can be found in the BFFL Move & PLAY Through Traditional Games resource located here:

<http://befitforlife.ca/resources/move-and-play-through-traditional-games-cards>

Being active outdoors, even for a simple walk, is a powerful remedy for facing stress.

ADVENTURE PLAY BINGO

Mark an X when you complete an activity. Try to create a line, diagonal or blackout!

ADVENTURE PLAY

ACTIVITIES FOR CHILDREN TO EXPLORE WITH ADULT SUPERVISION

B	I	N	G	O
Create a fort from old materials.	Go treasure hunting in a sand box.	Go on a nature scavenger hunt.	Create a masterpiece using things you find outside.	Play outside in the rain.
Explore a new park or meadow.	Use tools to build a sculpture of any kind.	Build something using old sticks and shrubs.	Play outside as your favourite character.	Learn how to make a fire.
Explore a new stream or river bed.	Climb up, then roll down a hill.	FREE SPACE	Learn how to use a hammer and nails.	Paint the coolest rock you find.
Find and name a trail with your own special name.	Move around outside like a duck, bear or beaver.	Explore a park for critters.	Explore a trail you have never been down.	Learn how to skip rocks.
Build a birdhouse.	Climb a tree.	Find new loose parts to play with in your city.	Create a "fairy garden" with nuts, leaves and sticks that have fallen from trees.	Balance on a fallen log.




LITTLE EXPLORERS

Use chalk to draw different coloured and sizes of circles on the sidewalk.
Pick a colour and go search for items in nature that are the same colour.
Bring them back and toss them gently into the circle that is the same colour.
Repeat, searching for other items that match the colour of the other circles.

STENCIL GAMES **MOVE & PLAY AT RECESS**

COLOURED CIRCLES

LITTLE EXPLORERS

Equipment: None

Participants Needed: 1+

Skills Explored

- Running and walking
- Bending, twisting, and stopping
- Throwing

20

Try making up your own game using the coloured circles.
Describe your game here:

This game is from the BFFL Move & PLAY At Recess resource. Find more games here:
<http://befitforlife.ca/resources/move-play-recess>



FREE PLAY

Put out equipment that you have or objects you like to play with. Find items that you can build, throw, kick, catch, strike and climb over or under with.

Play with them any way you want. Be creative and have fun!

Draw a picture of your favourite equipment and activities.



Discover more simple games to play at home in the Move & PLAY Play Stations to Promote Physical Activity document:

<http://befitforlife.ca/resources/parentplayday>

Active Bodies = Innovative Ideas
Active kids are better equipped to get creative.

LITTLE MOVERS PLAYLIST

Play some music that inspires movement like the songs on this list or pick your own songs. Try a variety of styles and tempos and notice how the music guides the way you move.

Be Fit For Life's Little Movers Playlist



1. I Can Do It!
Patty Shukla
2. The Walking Song
The Kiboomers
3. Stand Up, Sit Down
Patty Shukla
4. Bean Bag Bounce
Music for Moving
5. Jump
Patty Shukla
6. The Freeze Dance
Music for Little People Choir
7. Twist
Patty Shukla
8. Animal Rap
Music for Moving
9. S.T.O.P
Patty Shukla
10. Wave Your Hands Up High
Music for Moving

Using rhythmic activities, such as dance, with young children is a great way to help develop physical literacy in the early years.



Use this "BFFL Approved" playlist in your home or childcare setting to dance your way to confident and competent little movers!

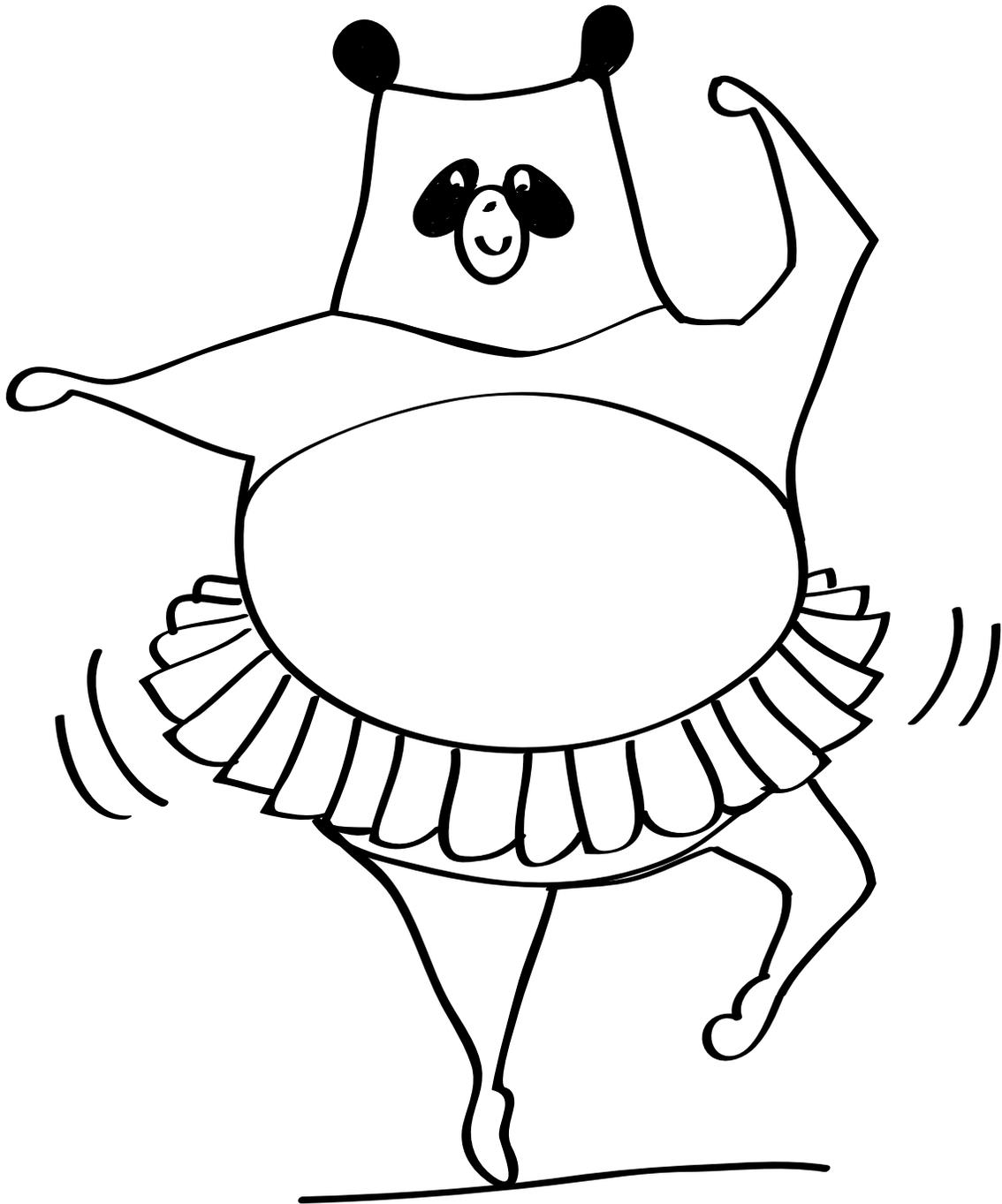
For more resources to support the development of physical literacy in the early years visit: www.befitforlife.ca/resources

* All these songs are available for purchase on iTunes

Increased Movement = Decreased Symptoms of Anxiety

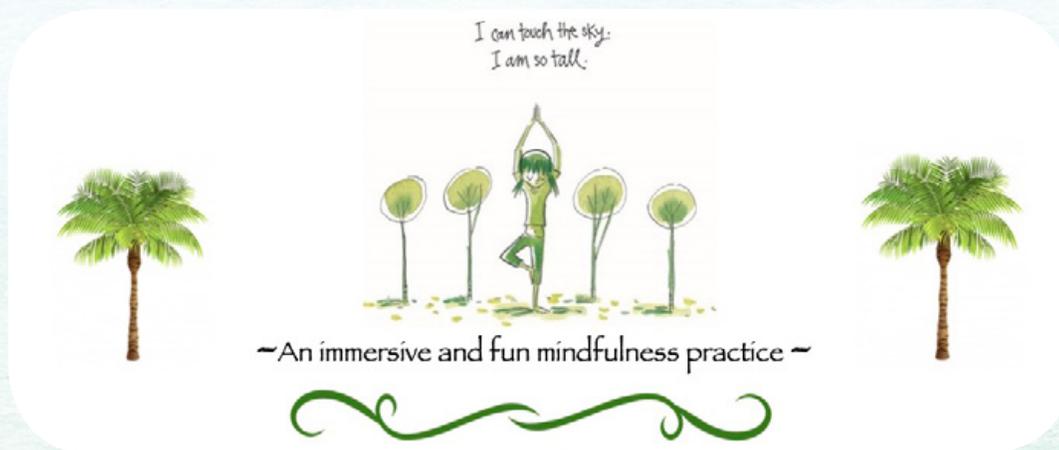
Dance and team sports may be especially effective in children with brain-based disabilities.

Poppy Panda



My favourite dance move or song: _____

TROPICAL YOGA ADVENTURE



Perform the poses listed as you read the story.

This exercise is designed to calm and centre individuals or groups of any size in order to renew focus, relax, take a moment to reflect and more! Try this tropical yoga adventure on your own or with a group of any age or ability as a quick, fun and useful “brain break!” If you are unsure of what a pose looks like, use your imagination and make up your own!

***The black words are cues to read out, whereas the blue words are the yoga poses to attempt at the same time. ***

*“Let’s all leave home for a brief moment. Let’s all go to.... Hawaii? Bali? Mexico?...
Alright, pack your bags because we are on our way!”*

Airplane Pose: “We are flying way up in the sky. We are almost at our destination! Can you feel the heat of the tropics surround you? Extend your arms out as far as possible and soar through the clouds.

Head Rolls Side To Side: “We have arrived! Can you hear the waves slowly lapping on the shore? Slowly, the waves come onto the sand and then retreat back into the big, beautiful ocean.”

Mountain Pose: “Now we are on a tour of the lush, green mountains. Reach up to the sky just like a mountain does and imagine looking down onto the white sandy beach.”

Sun Pose: “Feel the warm, tropical sun on your face. Let the sun’s energy fill your whole body.”

Palm Tree Pose: “Look around and see the tall, green palm trees all around you.”

Swaying Palm Tree Pose: “A tropical sun shower has occurred! See the trees swaying back and forth in the wind. Can you hear the rustling leaves?”

TROPICAL YOGA ADVENTURE

Windmill Pose: “Ah, the sun has come out again. Twist and look up to the bright blue sky. Reach your arm up to the sky and open your heart.”

Windmill Pose (Other Side): “We need a better view! Switch to the other side and reach up to the sky with your opposite hand.”

Eagle Pose: “Way up in the sky, look! It’s an eagle! Soaring high up in the clouds, happy and free. Can you feel the wind blowing in the wide open sky?”

Crab Pose: “Now we are on the beach and see lots of vibrant coloured crabs! Bend over and curl into a ball like a little crab would.”

Starfish Pose: “Now look at all the colourful starfish! Extend your arms out as far as you can like a starfish would.”

Cobra Pose: “In the forest beside the beach is a cobra. He is the friendliest snake ever. Look how smoothly he slithers through the lush grass.”

Chair Pose: “We are beside the water, ready to dive in! Reach up and prepare to dive into the clear blue water.”

Shark Pose: “Swimming in the ocean and we see a shark! Not to worry, he’s friendly. Watch him effortlessly glide through the calm water.”

Volcano Breathing: “Sitting on the sand now, practice your volcano breathing! Palms come together at the belly, then rise up and erupt at the top! Breathe in deep and feel the energizing lava flowing through your body.”

Savasana: “Basking in the sun on the warm sand, find your most comfortable position and breathe deeply. Close your eyes or gaze softly down and reflect on the amazing trip you are on. Feel the sun warm your body, giving you energy and passion. Smile. What an incredible voyage.”

Tip: Turn any story into a Yoga Story.

Select a story about nature or animals and perform the poses as you hear them in the story.

Francis Fox

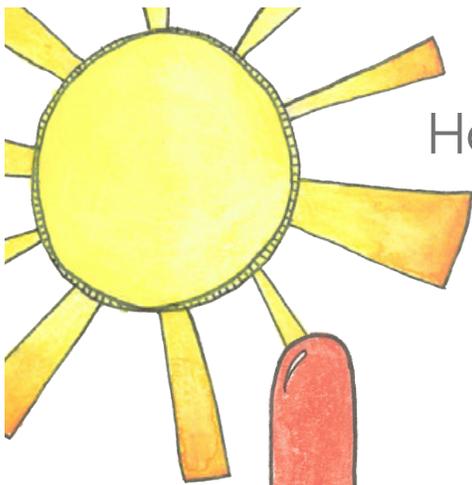


My favourite team sport or game is: _____

Sully Sloth

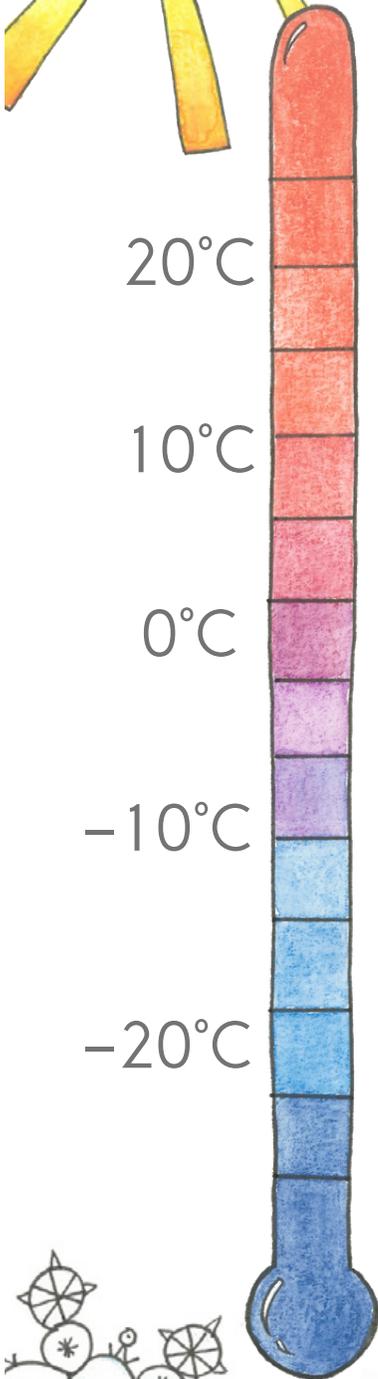


My favourite place to have quiet time is: _____



How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!



Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca