



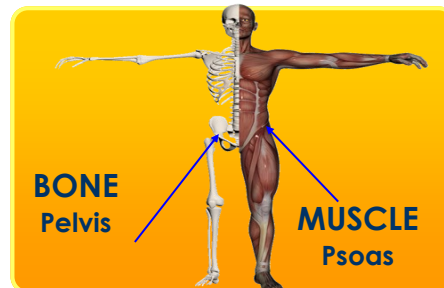
by Stretch-n-Grow

Winter Ways to Workout



Toddlers and preschool children should play actively several times a day.

Toddlers should get at least 60 minutes active play every day and preschoolers should have at least 120 minutes active play every day. This time should include planned, adult-led physical activity and unstructured active free play.



MOTOR SKILL FOCUS

Jumping
Jacks
(Locomotor)



YOGA POSE

Down Dog



ADVENTURE OF THE MONTH: SUPERHEROES

This week, we are kicking off a new year with a better active lifestyle! We will jump, bounce, dance, and use our props to help make our hearts and bodies super strong!

