

# Be Active

We all have our own ideas about being active and this does not always have to be about exercise...  
**so do what you can and enjoy what you do!**

Try to be active every day and remember every minute counts. Sharing active play with your family isn't just a good way to get your heart pumping and burn calories. It's also a great way to build family bonds leading to positive well being.



## Be 'Active' as a family:

- Encourage walking to school
- Go swimming
- Kick a ball
- Ride a bike
- Dance to your favourite music together
- Go to the park climb and swing
- Set up small obstacle courses in the garden
- Ask children what fun activities they like to do



Children need at least 3 hours of movement during the day and this should be a mix of moderate to vigorous, so what can you do to support this?

Being active as a family and making small changes can make a big difference to your child's developing skills. Studies have shown that children who take part in high levels of physical activity from an early age, are more likely to continue taking part in physical activity in later years.

Therefore, it is important to introduce activity at the earliest age in order to provide the best start.



## Physical activity for early years (birth – 5 years)

Active children are healthy, happy,  
school ready and sleep better



BUILDS  
RELATIONSHIPS  
& SOCIAL SKILLS



MAINTAINS  
HEALTH &  
WEIGHT



CONTRIBUTES TO  
BRAIN DEVELOPMENT  
& LEARNING



IMPROVES  
SLEEP



DEVELOPS  
MUSCLES  
& BONES



ENCOURAGES  
MOVEMENT  
& CO-ORDINATION

### Every movement counts

Aim for at least  
**180**  
Minutes per day  
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

**Under-1s**  
at least  
30 minutes  
across the day



OBJECT PLAY



DANCE



GAME



PLAY



TUMMY TIME



SWIM



WALK



SCOOT





BIKE

**Get Strong. Move More. Break up inactivity**

UK Chief Medical Officers' Physical Activity Guidelines, 2019


# Connect



Connecting with others is essential to our sense of happiness and well-being. By connecting at home and the setting, we can encourage a sense belonging.

This is important to shaping children's sense of who they are and who they can become. When they are young, children begin to develop a sense of how they fit in to the many groups to which they belong, and their importance within them.

Strong, secure relationships are vital to this **sense of belonging**.



Spending time and making those connections with your child will help them to feel secure and build strong relationships. This will help them to learn to communicate well with other children and adults. Why not try... supporting your child's independence by letting them make decisions and prioritising their needs, read and sing together and make time to share fun games and play together.



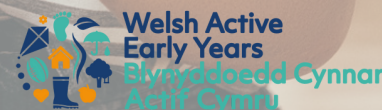
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# Give

Teaching children the importance of giving is a great way to encourage empathy in young children. When this is done regularly, the act of giving to other boosts our physical health, happiness and well being. Children also learn that by giving to others is part of sharing and that it can lead to getting what they want too!

Giving provides the same effects on an adult too, so by giving back to your community will not only bring people together but also boost those feelings of wellbeing. Why not see what's available in your community by following the volunteering link:

<https://volunteering-wales.net/>



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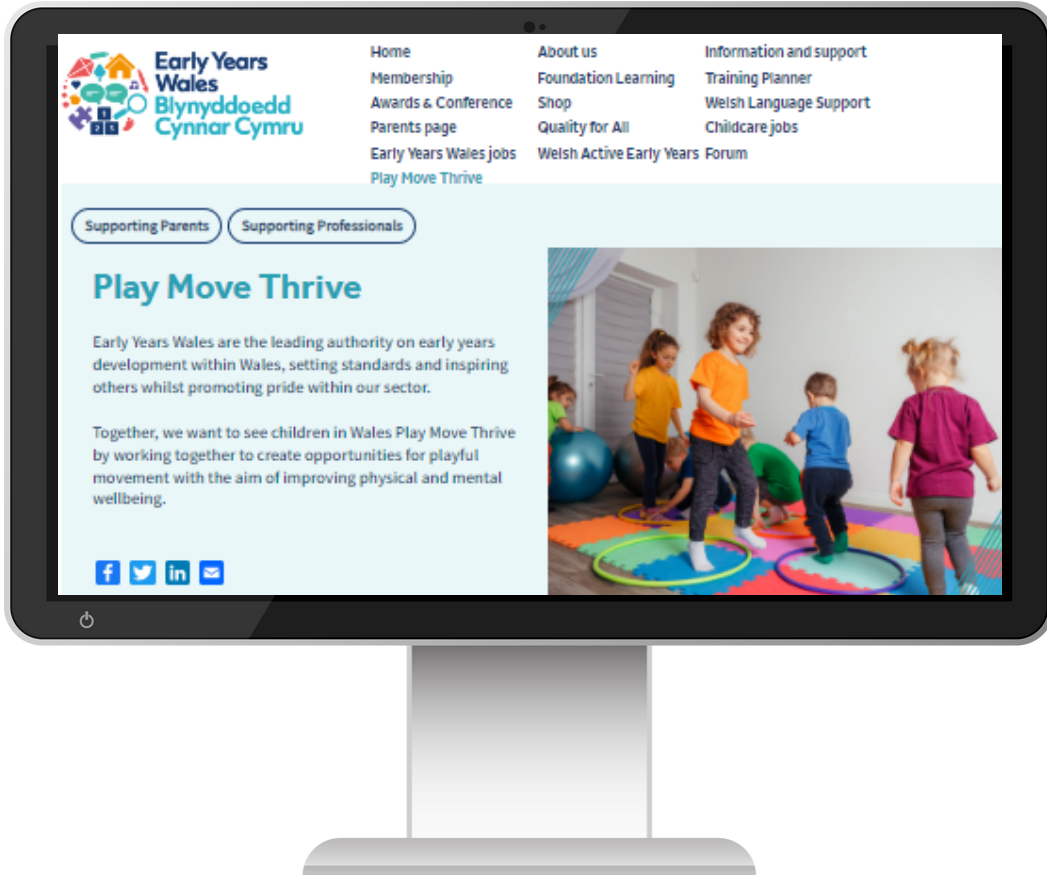
# Keep Learning

Why not attend and participate in an active session at your nursery or community leisure centre alongside your child and feel the joy of movement?

All children have a natural need to move, or be moved and this is a big part of their development. Moving involves the growth & development of both their fine and gross motor skills which are linked to understanding and learning, which in turn can support young children's well-being and belonging.

Research has shown that being physically active can help with the development of:

- Motor skills e.g. balance, coordination
- Maintaining a healthy weight
- Strong bones, muscles and heart
- Social skills i.e. how to interact, take turns and getting on and caring about others
- Communication skills including how to solve problems and make decisions.



If you would like to learn more about movement, why not visit Early Years Wales' Play Move Thrive page:

<https://www.earlyyears.wales/en/play-move-thrive>



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# Take Notice

**Praise is something we all like to receive. It can make a big difference to our well-being and how we see ourselves**

Everyone needs praise and all the good feelings; confidence, pride and resilience that praise gives us. To create the behaviours, we need to consider what we pay attention to.

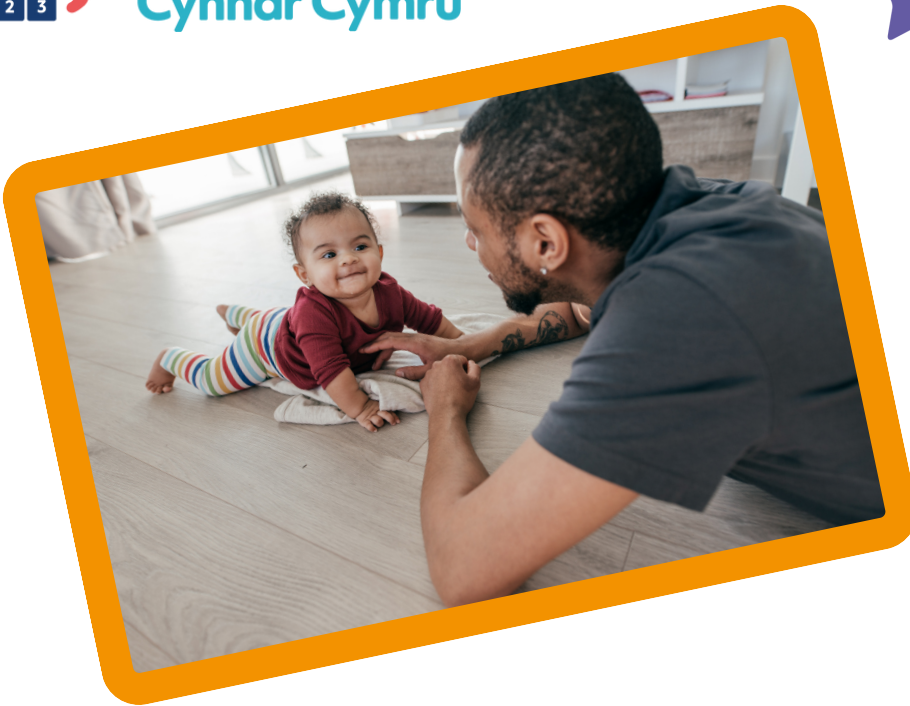
Praise your child for the things that you want to see more of and try to ignore the small things that you find irritating. By concentrating and praising the acts that we want to see more of, will help your child to recognise your appreciation for their actions and encourage them to want to repeat these to please you.

**It is easier to learn new behaviours when we remember how happy it has made someone else.**



## Things to 'Take Notice' of:

- 'Paise for Being'
- 'Praise for Doing'
- Your child's creativity, this is key to their wellbeing and developing emotions
- Enjoy the moment, whether you are walking to nursery, eating lunch or reading a story together
- Listen to what they are telling you
- Be aware of the world around you and what you are feeling.



**'Praise for Being':** tells someone we value them just for being who they are, for their appearance, for their innate qualities.

**'Praise for Doing':** tells someone that we have noticed and appreciate their efforts.