




Kids

Kids do not have to be active all in one go!
Activity can be broken into snack-size pieces (10 minute intervals):
a **SNACKTIVITY**.

Check out the Snacktivity ideas for inspiration to
get up, get out... get active!

1. Paper planes



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2. Activity train station



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1. Paper planes
Make a paper plane, then throw it, chase it and throw it again.


Snacktivity by Ethan (age 5)

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2. Activity train station
Set up a series of activities in a circuit. Each activity becomes a train station. Form a train and chug along, stopping at each station to perform the activities.

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3. Finger puppet moves



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4. Investigating space and place



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3. Finger puppet moves
Make some finger puppets. Move your body along with the finger puppets.

Snacktivity by Ciarn (age 4)

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4. Investigating space and place
Go on an outdoor adventure - use a magnifying glass or digital camera to capture users of places. Identify and act the movement and effort that is found.

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Kids aged 3 - 5 years need at least 3 hours of moderate to vigorous physical activity everyday!

Check out the Get Active Gold Coast website for options to *get up get out... get active!*