



You do not have to do 30 minutes of activity 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!

Kids

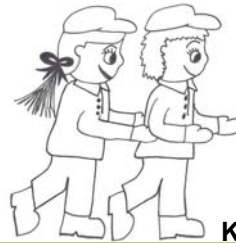
1. Paper planes



KIDS



2. Activity train station



KIDS



1. Paper planes

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

*Snacktivity by Ethan
(age 5)*

KIDS



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.

KIDS



3. Finger puppet moves



KIDS



4. Investigating space and place



KIDS



3. Finger puppet moves

Make some finger puppets. Move your body along with the finger puppets.

*Snacktivity by Ciarn
(age 4)*

KIDS



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.

KIDS



Kids need at least 60 minutes and up to several 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!*