

# Eat Healthy Be Active

Keeping Children  
Healthy at Home  
and School

[www.eathealthybeactive.net](http://www.eathealthybeactive.net)

Use this activity to help  
your child learn

## FAMILY FUN

### Obstacle Course

#### What You Need:

- Your choice of a variety of household items, such as:
  - Broomstick
  - Pillows
  - Hula hoop
  - Ball
  - Jump rope

#### What To Do:

- Create an obstacle course with your child
- Set up obstacles to move over, under, or around
- Challenge your family to move in different ways throughout the course. For example:
  - Run to the first pillow
  - Jump into the hula hoop
  - Duck under the broomstick
  - Ride a bike or tricycle between objects (cones, etc.)
  - Jump rope 5 times
  - Kick or throw a ball



**BE PHYSICALLY ACTIVE**

Keep your family fit by encouraging them to be physically active

## Safety and Physical Activity

Physical activity is crucial to healthy development, but also comes with a variety of safety concerns. Preschoolers are learning about their own coordination and abilities as they play. As young children develop new skills and try new things, they need supervision to prevent injury.

Here are some important safety tips for your active child:

- When riding tricycles or bicycles, children should always wear a helmet
- Encourage your child to take short breaks to drink water

- Talk to your child about street safety
- Always supervise your child when playing with, in, or near water

Active play can happen indoors as well as outdoors. Play music and dance with your child, create a scavenger hunt, or play follow the leader to encourage movement. Help your child practice balancing skills by standing on one foot or pretending to be statues.

*\*The Nemours Foundation. (2012). KidsHealth: Raising a Fit Preschooler. Retrieved from [http://kidshealth.org/parent/fit\\_preschooler.html](http://kidshealth.org/parent/fit_preschooler.html)*

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