

## Let's Go to the Playground

**Outcome:** Spending time at the park playing with your child is a fantastic way to promote physical well-being and overall health! Playing on playground equipment helps children develop body awareness, muscle coordination, balance, and flexibility.

**Materials Needed:** No materials required as you will use the playground equipment—but you may want to bring along a snack, water, and hand sanitizer.

### How to Play:

- Invite your child or children to the community park.
- Walk there, if possible.
- With supervision, allow your child(ren) to: climb, swing, run, walk, jump, predict, reason, and make decisions\* while playing on and around the playground equipment.

\* **For example:** Your child may want to jump from one piece of play equipment to another, but the space between is quite large. Ask your child questions to help them consider the jump: "Do you think you can make it?" and offer your support, "Do you want me to help you the first time?" Then let them try if they want to, or climb down if that's their decision.