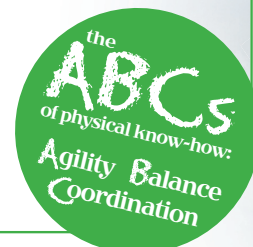




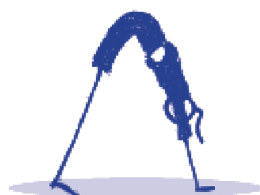
We are helping your child have regular active play. One way we do this is help the children explore basic movements through a program called Tumblebugs. The children balance, hop, turn, throw and make body shapes. Tumblebugs helps the children:

- Control body movements
- Learn how to move safely
- Have fun with active play
- Learn healthy activity early for life
- Learn to play well with others

This is the first copy of a few leaflets that let you know what your child is learning. The activities can be done at home too. Children learn by doing the same thing many times. Together we can support your child in having physical activity as part of a regular routine.



Ask your child to show the position or movement...



A Front Bridge



A "Motorcycle" Landing



How a bunny moves

## ? Did you know...

Young children benefit from at least 60 minutes of active free play every day. Another 60 minutes every day of physical activity with an adult helps children learn and feel supported. That's two hours a day.

## 🏠 Ideas for home...

Let your child run, climb, jump, hop, dance, roll or throw in a safe space until they tire.

Young children naturally do active play in short periods. Spread out these periods in the day. This adds up to equal the two hours needed each day.

Children benefit from limited time being inactive (except when sleeping).

School-aged children and youth in Nova Scotia spend between four and five hours a day with television, computers and video games. This is outside of education time.

Keep your child from sitting for long periods of time at the television, computer and video games. \*To help your child adjust to doing less of these activities, trim 10 to 30 minutes at a time. Replace this time with fun active play.

Choose programs, videos and video games that ask for actions, dance and movement.

\*Canadian Paediatric Society

Physical activity is a part of a daily routine for all children.



Tumblebugs was created in Nova Scotia by **Gymnastics Nova Scotia**. The program provides training and materials for leaders in centres for young children.

The **Nova Scotia Department of Health Promotion and Protection** funded the development of the program and the current **Department of Communities, Culture and Heritage** assist in its delivery across the province. Additional consultation came from the **Department of Education**.



Fun and safe basic movement activities for children in their early years.



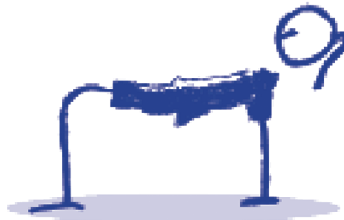


Look  
what I  
can do!

Ask your child to show the  
position or movement...



A Tuck Sit



A Table



How a crab moves

## ? Did you know...

Children tend to be more physically active when the close adults in their lives are active. As well, it helps a lot when these adults encourage the child, make active play times possible or get involved.



## 🏠 Ideas for home...

You may or may not be so physically active right now, but helping your child will make a difference. Choose ways you can make family time, active time; games outside at home or a visit to a local recreation facility.

Active play does come naturally to a young child. But like brushing teeth and dressing they need to be guided to learn skills for active play.



Offer a few choices for activities. Follow your child's lead and do the activity with him/her. A child's idea of fun may change with different experiences as they develop.

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Look  
what I  
can do!

Ask your child to show the  
position or movement...



A 'V' Sit



A Front Support



How a snake moves

## ? Did you know...

Children learn through play.  
Active play can improve a child's ability  
to learn. It creates new connections in the  
brain for learning and memory.

## 🏠 Ideas for home...

It may be boring to adults, but children like  
repeating an activity; it is what helps them  
learn. Make an activity a little different every  
few turns. Change the speed, distance, pattern,  
location, toys and songs. Small challenges are  
fun and improve skills.

A young child learns best when they see  
an action and its purpose. Children copy  
actions they see to experience what it can  
do for them.

Be a mirror in active play. Give him/her  
chances to watch and copy your actions.  
Play Simon Says or Follow the Leader. Show  
dance moves or how to throw.

Physical activity is a part of a daily routine for all children.

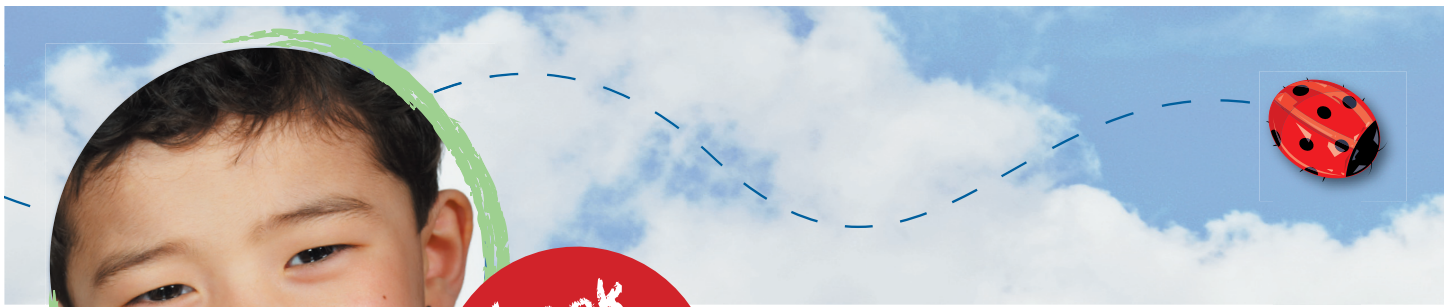


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Look  
what I  
can do!

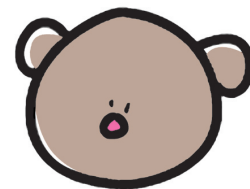
Ask your child to show the  
position or movement...



A One-foot Balance



A Star Jump



How a bear moves

### ? Did you know...

Active play early in life builds a healthy habit for now and the future. Like sleeping and eating, active play is a key part of your child's daily growth and development.

### 🏠 Ideas for home...

How we go about our day-to-day deeds is a key way to be active for life. When possible, choose feet or a tricycle over the car to get to places. If it's raining or snowing, dress for it. Also, regular walks for fun will help your child value walking as they age.

Healthy eating and physical activity can help children have a healthier weight. This can help prevent type 2 diabetes, asthma, bone and joint problems, and high blood pressure.

Let your child know it's good to get warm and a little "out of breath" when playing actively. Encourage activities that increase her/his heart rate—run, swim, hop or build snow sculptures.

Water and healthy snacks gives the energy children need for active play.

**Physical activity is a part of a daily routine for all children.**



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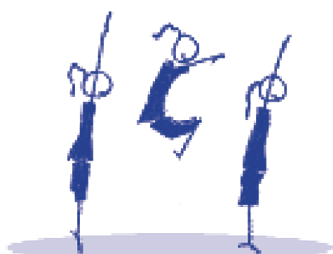
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Look  
what I  
can do!

Ask your child to show the  
position or movement...



Tuck Jump



Front Fall from Knees



How a bird moves

## ? Did you know...

Physical activity boosts confidence. With each "small" success, a child feels good and trusts he/she can improve or move to next level of difficulty.

A child has more fun with each success in active play. Fun inspires children to play actively.

## 🏠 Ideas for home...

Encourage your child to help with chores at home that involve movement. He/she may be too young to be of great help but trying matters. Invite him/her to rake, shovel, garden and toss laundry into the dryer. A toy vacuum, broom or tools lets him/her copy your tasks.

Regular active play can improve sleep, mood and behaviour. It may reduce feelings of anxiety and sadness.

Playing is a good way to develop social skills like listening and sharing.

At home, have simple toys like balls, beanbags, jump ropes, hoops, climbers, and push or peddle ride-on toys.

Keep active play toys in your carryall bag or car for active play away from home. Chalk is great for making a hopscotch pattern.

Plan times for active play with another young child.

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Look  
what I  
can do!

Ask your child to show the  
position or movement...



Back Support



Airplane Balance



How a frog moves

### ? Did you know...

Just as a child needs to learn letters before reading, a child needs to learn basic motor skills before developing specific skills for sport and dance. These skills can come within a period of growth and development; not at a specific age. Both boys and girls need the same skills.

### 🏠 Ideas for home...

At this young age, building confidence while learning skills is more important than mastering skills. One child may be able to catch a large ball at age three while another child can at age four. Once she/he adjusts to growth spurts things will come along with practice.

Children who spend time outside are much more active than children who spend a lot of time inside.

Nova Scotia has its share of "bad" weather. Dressed right, activity is fun in rain, shine, fog and snow.

Physical activity is a part of a daily routine for all children.



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