







## Children's Activator

Children love to *be active*. Making physical activity a part of their daily routine is not only fun, but also healthy.

Physical activity is important for healthy growth and development. Encouraging children to *be active* when they are young also sets up a routine that could stay with them throughout their life.

## Did you know?

Children should be physically active for at least 60 minutes a day and spend no more than two hours a day surfing the net, watching TV or playing video games.

There are loads of fun ways that they can *be active*, whether it's at school during lunch, recess or class time, or outside of school with family and friends.

Want to see some of the many fun ways that young people can *be active*? Well, sit down with your child or children (remember not to sit for too long!!), follow the instructions below and make your own special *be active* Activator. It shows heaps of great ideas to get you started!

## **Instructions**

## What you need:

A sheet of cardboard, some scissors, glue and a split pin.

- 1) Stick this page to some cardboard with glue.
- 2) Use some scissors and carefully cut out around each circle.
- 3) Lay the three layers of your pinboard in the order indicated below, with a split pin through the centre.
- 4) Turn the dial and be active!



