



## Bright Ideas: Keep it Simple

Being active doesn't require expensive equipment or fancy toys. There are lots of ways for children to get exercise at home with simple toys.

- Try keeping a balloon up in the air by tapping it with your hand, foot, elbow, head or even your nose.
- Throw bean bags into a box or bucket.
- Play catch with a ball, a Frisbee™ or a balloon.
- Use sidewalk chalk to make a hopscotch court on the sidewalk.
- Build a snowman.
- Teach the kids on your street how to play "Kick the Can".
- Go to the playground you have never visited before.

Just keep moving!

