

Play Together Flipchart

Teacher's Guide

Using the “Play Together” Flipchart

This guide contains talking points that you can use with the “Play Together” flipchart. You can use the flipchart in different ways, depending on your group of parents:

- Show the physical activity video from the parent kit and then use the flipchart to reinforce key points from the video.

OR

- Show the physical activity video from the parent kit and then use the flipchart to answer any questions that parents have.

OR

- Show the physical activity video from the parent kit and then do some of the **interactive physical activities** in the parent kit.

OR

- Do the entire flipchart presentation using this guide.

OR

- Set the flipchart out open to a page near your parent sign-in sheet. Switch to a different page once a week.

Flipchart page: 1

Why is physical activity important for your child?

Social and Emotional Development

- The critical period for brain development is 0-5 years.
- Structured physical activity can help children learn cooperation and problem solving. This also helps children develop their language skills.
- Free play helps foster curiosity, creativity, and independence.
- Both structured and free play help children to build positive social skills.

Motor Development

- Skills learned at a young age are transferred into adulthood.
- Children's capacity to learn is high and they have the motivation to practice these tasks.
- Physical activity skills can be taught with guided practice.

Self Esteem

- The more children practice physical activity skills the more successful they become - this success helps build their self-esteem.
- The goal is to have children become confident movers so they will seek out activity as part of a healthy lifestyle.

Flipchart page: 2
Physical activity and your child

Can you name some health benefits of physical activity?

- Improves strength and flexibility.
- Helps build healthy bones and muscles.
- Helps maintain a healthy weight.
- Reduces stress.
- Improves sleep.
- Increases self-esteem.
- Improves blood pressure and cholesterol levels.

Flipchart page: 3
How much activity does your child need?

- Children need at least 60 minutes of physical activity each day. This can be broken up into smaller times, such as a 10-minute game of tag, a 10-minute walk after dinner, or a 15-minute bike ride.
- Children are naturally active and love to move. Allowing them to play outside everyday or encouraging an active time inside your home will help them have a lifetime enjoyment of physical activity.
- Participating in a structured physical activity on most school days allows your child to develop and practice their gross motor skills. It also reinforces their problem solving skills, social skills, and basic school readiness skills (i.e. colors, counting, ABCs).
- Physical activity improves behavior. Sometimes when children seem restless physical activity is just what they need. The body releases natural motivators – noradreneline and dopamine. Noradreneline can be released by doing relay races and dopamine can be released through positive social bonding and gross motor repetitive movements. These make children and adults feel good, increase energy levels and also deliver oxygen to key areas of the brain. This improves their information storage and retrieval.

Flipchart page: 4
What can parents do to help?

- Expose children to a wide variety of physical activities. Try a new activity as a family, such as miniature golf, bowling or roller-skating.
- When your child is practicing a new skill, such as jumping, give him/her tips on how to do that skill. For example, you could say “keep your feet together and use your two jumping feet” or “watch and follow me, we can jump like kangaroos.” Do not focus on the end result as success may take time.
- Encourage your child to play outside everyday. If there is not a yard or safe outside area, encourage an active time in your home. Try building an obstacle course in your living room or going on a bear hunt throughout the house.
- Introduce your child to physical activities they can enjoy throughout their lives, such as swimming, skating, hiking, or biking. Our community is full of great physical activity opportunities (i.e., walking trails, aquatic center, etc).
- **What types of toys or gifts can you buy that encourage physical activity?**
 - Balls, roller-skates, bikes, scooters, jump ropes, kid sized golf clubs, t-ball set, etc

Flipchart page: 5 Let's Play!

The American Academy of Pediatrics (AAP) recommends no more than two hours of screen time (TV, computers, video games) a day for children over 2 years old. AAP recommend no screen time for children under two years of age.

- Try to stretch or do a quick physical activity during commercials. See how many jumping jacks you can do or how many times you can throw a yarn ball back and forth.
- Making a family agreement to limit TV time may help everyone become more physically active.
- Children watch about 4 hours of TV a day. Report: more preschooler watches TV, the less well they do academically in the 1st grade and the less well socialized.
- There are 3-5 violent acts per hour in primetime cartoons and this increases to 20-25 violent acts on Saturday mornings.
- Over 1,000 studies confirm that media violence can lead to aggressive behavior in children (aap)
- TV and Toddlers: The potential over-stimulation may tax their still developing neurological systems and that may result in a short attention span and hyper activity. Until more research is done the AAP does not recommend TV for children under two.
- Positive of TV: High quality, non-violent children's shows can have a positive effect on learning. Study by AAP says preschool children who watch educational TV programs do better on reading and math tests. When used carefully, TV can be a positive tool to help children learn.

Flipchart page: 6
Family Activities

- What activities did you enjoy most in your childhood?
- What activities do you and your child enjoy doing together?
- Can you think of other fun, family activities?
- “You don’t stop playing because you grow old; you grow old because you stop playing.”

Flipchart Wrap-up

To help children develop a lifetime love of physical activity:

- Encourage outside play and active play in your home everyday.
- Play with your child everyday - you are the best role model.
- Expose them to physical activity and give them many chances to practice their new skills.
- **Name a new physical activity you and your child might try after this presentation.**