Let's Go to the Park!

Children should get at least 60 minutes of active play every day. Outdoor play is best. The large spaces help children to develop motor skills like running and jumping. Children also burn the most calories when they play outside. This helps them have a healthy weight.

- Look for parks with age-appropriate play equipment.
- Don’t forget sunscreen.
- Make sure that an adult is supervising.
- Keep away from traffic.
- Bring a ball. Chase some bubbles.
- Have a race.

Don’t just sit there, have fun!

Find other local playgrounds! Visit Kaboom.org's Map of Play or call XXXXXXXXXXXX