

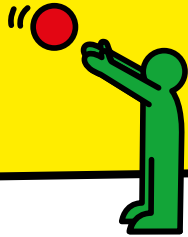
Leeds Play Together

Creating Good Memories

Being active helps children be happy, healthy and sleep better.



Visit the park



Play with a ball

Dance



Play with a balloon



Play chase

Top Tips from Parents

- Play the games they want; be led by your child
- Play outdoors and explore together
- Swap the pushchair for a walk
- Do things together with friends
- Swap TV for a dance around
- For cold wet weather; wrap up well and get some wellies

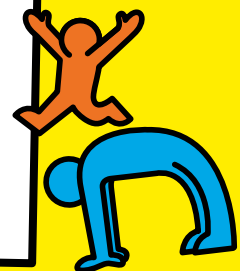
Skip



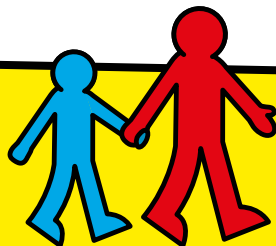
Jump in puddles



Hop



Action songs



Go for a walk



Being active helps children's brains develop so they learn better.

In support of
change
4 life