

(month)



Daily Physical Activity

FOR KIDS



(year)

Click The Activities For Links To Their Videos And Resources

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Gift of PLAY: Rob the Bull	Unplugged Activity: Activity Sticks	Rainbow Search	Bum Spelling	Mindful Movement: Hello Sun Stretch	
Gift of PLAY Tip: Create the stencils using chalk when outdoors or painters tape when indoors	Gift of PLAY: Knee Tag	Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Nature Walk	Wacky Walks	Beat Challenge	Mindful Movement: Yoga At Home for Kids w/Carla Fox	
	Gift of PLAY: Weaving Snake Relay	Unplugged Activity: Outdoor Scavenger Hunt	BFFL Network Moving Story: Reach, Twirl, Curl-up Small	Secret Shake	Mindful Movement: Coyote Yoga	
	Gift of PLAY: Target Jump	Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Panda, Panda, Dance Around	Sensory Chalk Walk w/ Fitness	Mirror Mirror	Mindful Movement: Bunny Breathing	 Free Printable

BOKS Canada

YMCA At Home

Active Breaks

I Love A Challenge



www.befitforlife.ca/resources

www.mhc.ab.ca/BFFL

