

# Pre-Schoolers' ACTIVITY PYRAMID

Help your preschooler have fun and be active each week!

Involve children in some of these activities...

PENNSTATE



College of Agricultural Sciences Cooperative Extension

## WITH YOUR CHILD, YOU CAN:

- Go bicycling
- Take a walk
- Play at a park

## WITH FRIENDS, CHILDREN CAN:

- Play games like dodge ball or tag
- Dance to favorite music
- Play a team sport at a park

## ALONE, CHILDREN CAN:

- Jump rope
- Fly a kite
- Play in the yard

### CUT DOWN ON

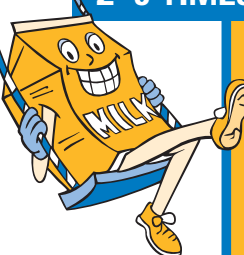
- Watching TV
- Playing video and computer games
- Sitting for more than 30 minutes at a time



### 2-3 TIMES A WEEK

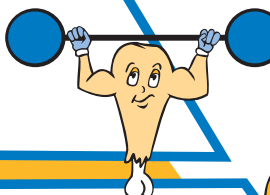
#### Leisure & Playtime

- Swinging
- Tumbling
- Miniature golf



#### Strength & Flexibility

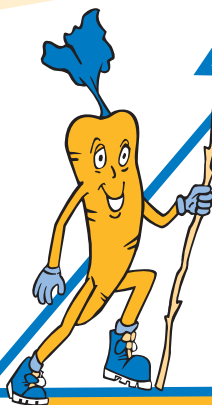
- Push-ups or pull-ups
- Dancing
- Climbing



### 3-5 TIMES A WEEK

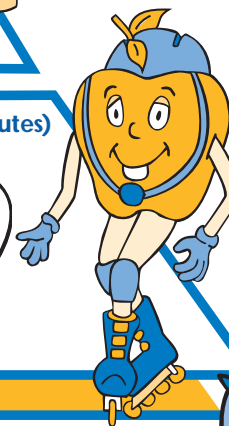
#### Aerobic (at least 20 minutes)

- Rollerskating
- Bicycling
- Rope jumping
- Swimming
- Running



#### Recreational (at least 20 minutes)

- Volleyball
- Basketball
- Soccer
- Kickball
- Relay races



### EVERY DAY

#### (as often as possible)

- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard
- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk



Your  
Child's

# ACTIVITY PYRAMID

CUT  
DOWN ON

*This is your preschooler's personal activity pyramid. In the correct space, help your child draw and color a picture of him- or herself doing a favorite activity.*

2-3 TIMES A WEEK

3-5 TIMES A WEEK

EVERY DAY

