

## Information for Trainers on Active Play

The learner will be able to:

1. Use the phrases about active play to communicate with children about play and the body.
2. Describe how active play benefits childhood development and the body.
3. Understand the importance of exposing children to active play and encourage it.
4. Locate ideas and resources for active play.

<b>Active Play</b>	
Child Centered Phrases	<ul style="list-style-type: none"> <li>• <b>Makes you happy and healthy!</b></li> <li>• <b>Helps you grow!</b></li> <li>• <b>Helps you learn!</b></li> <li>• <b>Is good for your brain!</b></li> <li>• <b>Makes you strong!</b></li> </ul>
Active Play Specific Phrases	<p><b>Active play has multiple benefits for children. The phrases below detail some of those benefits.</b></p> <ul style="list-style-type: none"> <li>• Playing makes your brain happy and smart.</li> <li>• Walking makes your heart healthy and strong.</li> <li>• Running makes your lungs strong.</li> <li>• Climbing is good for your bones.</li> <li>• Dancing gives you good balance.</li> </ul>
What Active Play Does for the Body:	<ul style="list-style-type: none"> <li>• Active play is important for healthy brain development.</li> <li>• Active play helps children improve and maintain fitness and reduces excess body fat.</li> </ul>
What Children Gain Through Active Play:	<ul style="list-style-type: none"> <li>• More positive feelings about themselves.</li> <li>• Communication skills.</li> <li>• Learn vocabulary.</li> <li>• Following directions.</li> <li>• Learn about their bodies.</li> <li>• Learn to share, cooperate and take turns.</li> <li>• Allows children to experience the joys of movement.</li> <li>• Encourages creativity.</li> <li>• Develop and strength their bodies.</li> </ul>
Adult Centered Phrases	<ul style="list-style-type: none"> <li>• Active play is important for overall well-being.</li> <li>• Activity helps to maintain healthy weight.</li> <li>• Play builds healthy, active bodies.</li> <li>• Daily activity is good for the mind.</li> <li>• Activity is a great outlet for stress reduction.</li> <li>• Daily activity is good for me and the children in my care.</li> </ul>