



## **We are participating in the Adventure campaign 26.9-7.10.2022**

Is there a cloud theatre in the sky? What kind of forest cake will be served during the animals' party? What would it be like to move with superpowers?

During the campaign, we hope you'll stop by and enjoy the neighbourhood together. To support your adventure, you will receive the Adventure bingo with a variety of activities to observe and move around in nature. The adventure can be done either on the way from home, when going out to explore your neighbourhood or even on a trip to the shop. Let the Adventure begin!

### **All physical activity is important**

Being active comes naturally to children, and habits and skills are developed in childhood. In addition to the positive effects on health and well-being, physical activity helps children to learn new skills and build self-esteem. An active childhood also predicts a more active adult life.

Children under school age should have three hours of physical activity every day. Adults are important role models for children. Adults can best support children by listening, encouraging and doing things together. Simple physical activities done together in everyday life provide opportunities for both children and adults to move.

### **Enter the prize draw by sharing your adventures on social media**

During the campaign weeks, you can share your family's activities and experiences about the campaign on Instagram. Add the campaign tag #Arkiseikkailu and tag the post with @liikkuvaperhe. Everyone who shares their photos will participate in a prize draw to win prizes for everyday adventures.

Also follow Families on the Move on Instagram @liikkuvaperhe and on Facebook @liikkuvaperheohjelma, where we share tips for physical activity in everyday life.

Joy in motion Programme & Families on the Move Programme

[www.liikkuvavarhaiskasvatus.fi](http://www.liikkuvavarhaiskasvatus.fi)

[www.liikkuvaperhe.fi](http://www.liikkuvaperhe.fi)