



ARKISEIKKAILU

LET THE ADVENTURE BEGIN!

Great that you are participating in the Adventure campaign. The campaign encourages adults and children move together in the neighbourhood. This year the Adventure campaign will take place 25 September - 8 October 2022.

CAMPAIGN MATERIAL

All campaign materials can now be downloaded from the campaign page:
liikkuvavarhaiskasvatus.fi/arkiseikkailu.

The page includes the campaign poster as well as the Adventure bingo in English.

DISCUSS THE IMPORTANCE OF PHYSICAL ACTIVITY

Our aim is to provide you with a concrete tool for working with families in line with the Early Childhood Education Plan and physical activity recommendations. During the campaign, it is natural to discuss the amount of physical activity and the recommendations with parents.

Talk about the child's daily amount of outdoor activity and other exercise, the social dimension of physical activity as well as the amount of rest and nutrition. Regular, physically active play is just the right kind of activity and that families' daily routines containing physical activity are important. The Adventure can take place either on the way from home to the early childhood unit, by going out to explore your local surroundings or even on a trip to the shop.

The Adventure campaign will also be visible on social media from 25 September to 8 October 2023. Please participate and encourage families to participate by adding **#Arkiseikkailu** to your posts and tagging **@liikkuvavarhaiskasvatus** and **@liikkuvaperhe**.

Have fun during the Adventure!

Joy in motion Programme & Families on the Move Programme

The campaign is arranged by the Joy in motion Programme
and the Families on the Move Programme.
A wide range of experts have participated in planning the campaign.

www.liikkuvavarhaiskasvatus.fi

www.liikkuvaperhe.fi

**FAMILIES ON
THE MOVE**



**ARKI
SEIKKAILU**

**JOY IN
MOTION**

TIPS FOR RAISING THE ISSUE OF PHYSICAL ACTIVITY WITH FAMILIES

Through the model from home, children learn that physical activity is part of their daily routine. Moving around, going out and doing things with the family are choices that help children learn that physical activity is part of daily life.

As part of the Adventure, you can stop and discuss activity habits with each family. You can talk about physical activity, identify good habits, and reinforce them. It is good to try to motivate families, especially those who do not engage in physical activity enough.

HERE ARE SOME QUESTIONS AND SUGGESTIONS TO INITIATE CONVERSATIONS WITH FAMILIES:

1.

How do you move and exercise together in everyday life?

Children learn through activity. Through exploration, experimentation, trial, and error. A child's day should include at least three hours of varied physical activity every day.

Encourage families to do ordinary things together: exercising, playing, being outdoors and going on excursions with their children. This can be done using the tasks in the Adventure bingo. You could also, for example, encourage families to take pictures of their favourite bingo tasks. Could you put a photo collage on the wall of your day-care unit?

2.

What thoughts and emotions arise when you spend time outdoors and engage in physical activities together?

Listen and let the child have a say. By encouraging experimentation and sharing the joy of success, you will help your child develop a positive self-image.

Parents can be encouraged to let their child plan, decide, and choose things, as well as different small tasks, in a way that is appropriate for their age and developmental level. For example, the child can decide which bingo tasks to perform.

3.

If your family would like to increase daily exercise or other physical activity, try a new type of activity or way of moving, what would it be?

Establishing a physically active lifestyle in early childhood is very important and research shows that habits adopted by the age of three are more likely to persist. By moving and being outdoors with the family, children learn that physical activity is part of everyday life, and doing things together develops co-operation skills.

Help identify and concretise opportunities for physical activity in the family. You can also organise a physical activity event in the unit at the end of the Adventure campaign and invite guardians. The children can choose activities from the Adventure bingo tasks or come up with their own activities for the event.