



ARKISEIKKAILU

WELCOME TO THE ADVENTURE

Can you find bugs in the nature? Can you throw javelin with bar? What would it be like to move like your favourite character?

We participate in the Adventure campaign 25.9.-8.10.2023. During the campaign, we hope you will stop and explore 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 to day-care, when going out to explore your neighbourhood or even on your way to the shop.

ALL PHYSICAL ACTIVITY IS IMPORTANT

Being active is natural for 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. Moving together and spending time outdoors are choices that help children learn that physical activity is part of everyday life. Simple physical tasks that can be done together during a busy day enable physical activity for both children and adults. During the Adventure campaign, you can stop and reflect on the physical activity habits of your family. What kind of physical activity do you enjoy and can you identify your family's good practices and reinforce them.

ENTER THE 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** and **@liikkuvavarhaiskasvatus**. Everyone who shares their photos will participate in a draw to win prizes for everyday adventures.

OPEN THE DOOR AND LET THE ADVENTURE BEGIN!

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**

The daily life consists of many different tasks and activities and is different for each family. The familiar routines of everyday life create rhythm and security. The Adventures campaign is a good opportunity to review your family's daily routines and how they contribute to your well-being. In addition, you can find new and inspiring ways to increase physical activity.

Discuss the following questions with your family members:

1.

How do we move together in everyday life?

Children learn through activity. By exploring, experimenting, trying, and making mistakes. A child's day should include at least three hours of varied physical activity. The sense of security is enhanced when an adult participates to share the experience.

Dare to play and take advantage of doing things together to increase your own amount of exercise. Follow the path your child chooses, participate in organising speed runs and creating a sand track.

2.

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

Listen and give the child a chance to influence. Let the child use what he or she has learned to experiment and find different ways to move. Encouraging experimentation and sharing the joy of success helps the child to develop a positive self-image.

Listen to the child's wishes and feelings and create physical activity experiences together, for example by studying bugs during a meetup in nature or when listening to a nature orchestra. For example, the child can decide which bingo tasks to perform.

3.

If our family would like to increase our daily amount of exercise or other physical activity, try a new sport or a new way of moving together, what could it be?

By moving and being outdoors together as a family, the child learns that physical activity is part of daily life and by doing things together the child learns interaction skills. Children see all the space and environment around them as interesting places to move around in. Adults can seek out and create environments that are attractive and allow different ways to move in.

Have fun, participate in adventures, and encourage experimentation. What kind of physical activity can you increase and do more often together? Which bingo tasks have you not yet tried? You can also come up with your own tasks that inspire and motivates your family.