



# DAILY ADVENTURE

## LET THE ADVENTURE BEGIN!

We are happy to see that you participate in the Adventure campaign! The campaign encourages adults and children move together in the neighbourhood. This year the Adventure campaign is scheduled for September 23rd to October 6th, 2024. The Adventure can take place either on the way from home to the early childhood education unit, by going out exploring the local surroundings or even on the way to the shop.

Among all those who register to the campaign and provide feedback, we will raffle product packages.

## CAMPAIGN MATERIAL

All campaign materials can be found from the campaign page: [liikkuvavarhaiskasvatus.fi/arkiseikkailu](https://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, the recommendations, and the significance of physical activity with parents.

When discussing child's goals, an open, appreciative, and equal approach is important. Early childhood education has been shown to increase physical activity more than leisure time. You can offer families models and good practices from your own activities, such as ideas on how to utilise the local environment for outdoor activities with children.

## COURTYARD EVENT – TOGETHER WITHOUT AGE LIMITS

As part of the Adventure campaign, you can organise an event including physical activity at your unit and invite guardians, grandparents, or other persons important to the child to take part. Children can plan their own activities, or you can use the Adventure campaign's new activity cards.

## SHARE FEELINGS AND EXAMPLES DURING THE CAMPAIGN

The Adventure campaign will also be visible on social media, and you can share feelings and examples to encourage other families by adding **#Arkkiseikkailu** to your posts and tagging **@liikkuvavarhaiskasvatus** and **@liikkuvaperhe**. Have fun during the Adventure!

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](https://www.liikkuvavarhaiskasvatus.fi)

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

**FAMILIES ON  
THE MOVE**



**DAILY  
ADVENTURE**

**JOY IN  
MOTION**

## TIPS FOR RAISING THE ISSUE OF PHYSICAL ACTIVITY WITH FAMILIES

Moving, being outdoors and doing things together with family, relatives and friends are choices that help children understand that physical activity is part of daily life. Regular active play in the neighbourhood is just the right kind of physical activity, and small shared moments including physical activity are important.

When meeting families, you can discuss physical activity habits together with the families. You can talk about physical activity, identify the family's good habits, and reinforce them. You can discuss the importance of daily outdoor activities and physical activity for the child, the social dimension of physical activity, and rest and nutrition. The discussion can start with a positive comment. Consider the family's individual needs, values and possible barriers considering physical activity. It is good to support an active lifestyle, especially when meeting families who are not that active.

### QUESTIONS THAT CAN BE USEFUL WHEN TALKING ABOUT PHYSICAL ACTIVITY 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. It is good to have an open dialogue and to follow the child's physical development together. You can regularly discuss physical activity with the guardians and discuss how to better support the child's or the whole family's physical activity. It is important to create an open and supportive atmosphere.

2.

What thoughts and emotions arise when you 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, like different small tasks, in a way that is appropriate for their age and developmental level. It is important to listen to children's thoughts and experiences.

3.

If your family would like to increase daily exercise or other physical activity, what could it be?

The model for a physically active lifestyle is shaped already in early childhood. By moving and being outdoors with the family, children learn that physical activity is part of everyday life. Joint activities develop children's co-operation skills, and they learn to listen, respect, and respond positively towards others.

Help identify and concretise opportunities for physical activity in the family. You can give tips on how families can be more active when going from one place to another, what skills a child can practise or what equipment could be tested. You can share play ideas, places to visit and recommend utilising local actors.

Small changes in everyday life are significant!