## OPEN THE DOOR AND JOIN THE ADVENTURE TOGETHER!



DO YOU SPEND TIME OUTDOORS TOGETHER NEAR YOUR HOME?

HOW DO YOU
MOVE AND
EXERCISE IN
EVERYDAY
LIFE?

REMEMBER TO LISTEN, GIVE POSITIVE FEEDBACK, AND ENCOURAGE!



YOUNG CHILDREN MOVE WITH JOY, PLAY AND JOINT ACTIVITIES

OPEN THE BINGO ON YOUR PHONE



MOTION

FAMILIES ON THE MOVE