



journey of movement

Reach 180 minutes of movement
as a family each day

NEWBORN
BABY

MOBILE
BABY

EARLY
MOVER

DEVELOPING
MOVER

INDEPENDENT
MOVER

CONFIDENT
MOVER

SKILLED
MOVER

skilled mover



Help me to...

...skip.

Encourage me to change direction.

...hop.

Get me to try the other leg.

...manage risks.

Jump, climb and practice new skills safely.

...get creative.

Let me play with different objects, such as playdough, where I can use my hands.



I love it when you...

...help me complete tasks like putting on my coat or making my bed.

...play 'I Spy' on a walk together.

...see how good I am on a scooter or bike.

...act out stories in an active way with me.



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