



journey of movement

Reach 180 minutes of movement
as a family each day

confident mover



Help me to...

...ride a balance bike.

Take me to a safe place, such as a park, to practise my skills.

...spin and roll.

Find a small hill for me to roll down.

...climb the stairs independently.

Encourage me to walk up and down the stairs at home.

...jump.

Jump on soft landings like pillows and blankets.



I love it when you...

...throw and catch objects with me.

...build a den at home with me.

...take me to a playground.

...play the 'What Can I See' game when outside walking.



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