

# DID YOU KNOW?

**Preschoolers  
should be active  
for three hours  
throughout the  
day – every day.**

**Play inside and outside.**

*Include:*

- Activities led by an adult or older youth (such as active games and songs or sports)
- “Free” play, such as running, climbing and jumping

**Get moving with your children!  
They will love it, and being active  
is good for all of us.**



*Find movement guidelines for infant and toddlers at: [csepguidelines.ca](http://csepguidelines.ca)*