

Thank you for helping children increase their activity level! By having children do one minute of the "Fun Activity" each time children do one of the "Daily Activities", most children will increase their level of activity by 30 minutes a day!

Around the edge of the "ABCs" are ideas of ways to

REWARD AND PRAISE

children without using food. Food is one of the basic needs of life as it is fuel for our bodies. Avoid using food as a reward or punishment.