

Munch Minute

EASY INFORMATION FOR PARENTS



KIDS MOVE & PLAY!

Unstructured movement

- Kids play freely with adult supervision
- Kids discover what they are good at
- Promotes creativity

1-5 YEAR OLDS NEED AT LEAST 60 MIN/DAY

Structured movement

- Adults plan and lead activity
- Kids practice running, skipping, jumping, throwing, catching, kicking, balancing
- Adults model active fun when they join in and play

1-2 YEAR OLDS NEED 30+ MIN/DAY | 3-5 YEAR OLDS NEED 60+ MIN/DAY

