

PLAY, EXPLORE, AND HAVE FUN TO DEVELOP STRONG FOUNDATIONS THAT WILL LAST A LIFETIME

Dear Mom or Dad,

My educator has taken a training program called *Attention! Enfants en mouvement* (Attention! Children in Motion), and I now have so many opportunities to play and move around! When I take part in free play with other kids, I learn to:

- Express myself
- Interact with others
- Find solutions to my problems
- Develop my creativity

To help my muscles get stronger and to develop my balance, I have to move my body in all kinds of ways and as often as possible. I love to jump, crawl, run, climb, leap and roll. Moving around is so much fun!

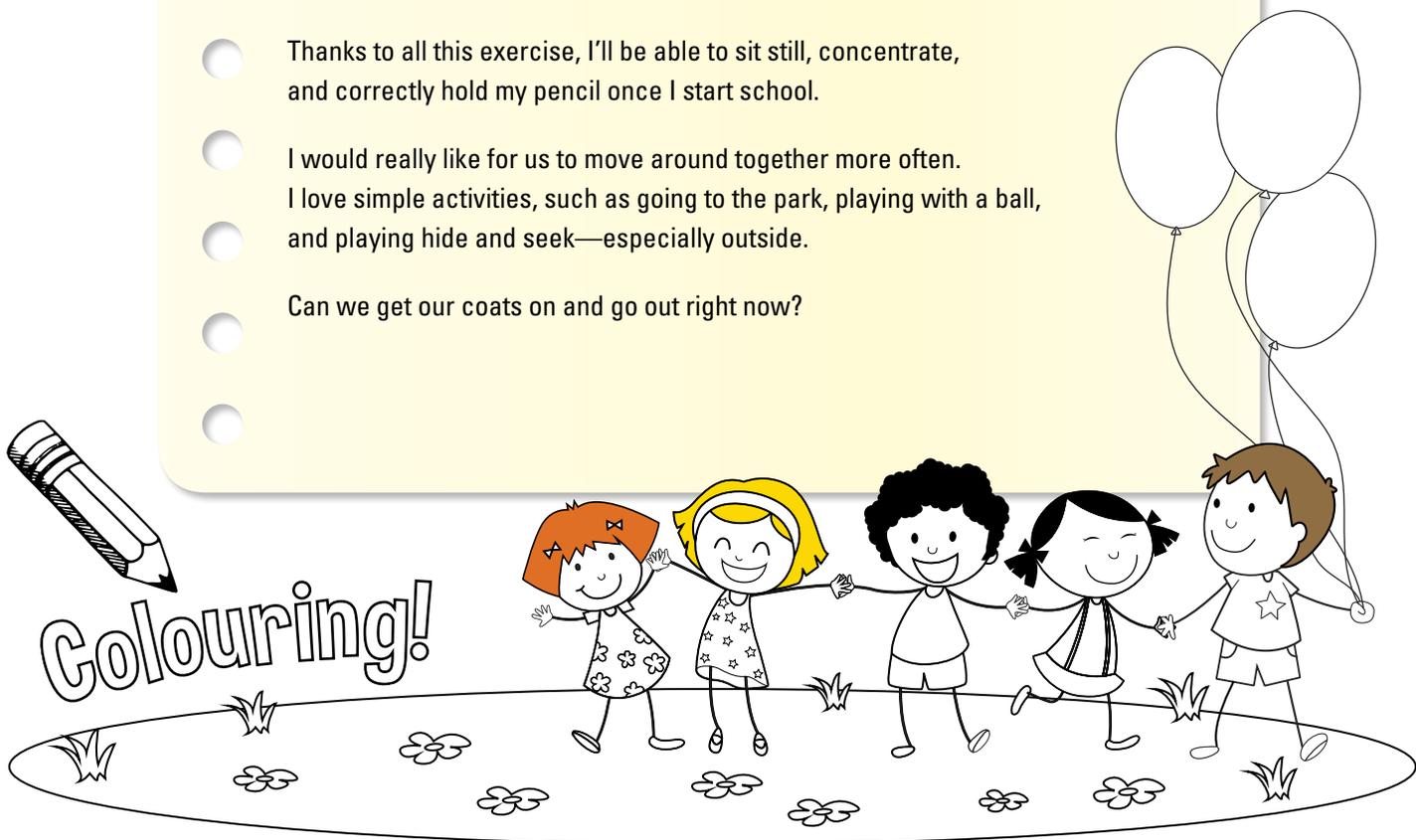
Thanks to all this exercise, I'll be able to sit still, concentrate, and correctly hold my pencil once I start school.

I would really like for us to move around together more often. I love simple activities, such as going to the park, playing with a ball, and playing hide and seek—especially outside.

Can we get our coats on and go out right now?



Colouring!



Below are some online resources you can visit to learn more about the importance of active play for children:

- Freedom of movement for babies aged 8 months: <https://www.youtube.com/watch?v=ept7tlzDAjI>
- Fun and simple games to get moving with children aged 1 to 3: https://naitreetgrandir.com/fr/etape/1_3_ans/jeux/fiche.aspx?doc=jeux-pour-bouger
- Games to stimulate and strengthen balance: <https://naitreetgrandir.com/fr/etape/3-5-ans/apprentissage-jeux/fiche.aspx?doc=equilibre-jeux-pour-le-stimuler-et-le-renforcer>