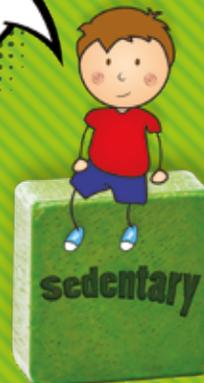


Encourage high-energy activities for optimal development

Dedicate several periods during the day to active play.*

Allow children to make choices, to invent and initiate their own active play.*

Make sedentary and transition activities more dynamic.*



Level of intensity of active play