

Backpack must-haves for an active day

Help encourage more activity throughout the day, by ensuring your kids have the right gear.

PORTABLE ACTIVE EQUIPMENT



Kids spend most of their free time being sedentary. A ball, chalk or skipping rope close at hand will encourage spontaneous, active games with friends.

HAT & SUNSCREEN



Kids need a hat and sunscreen. Remember to slather them up and send them off with extra sunblock to enjoy outdoor play.

RUNNING SHOES & JACKET



Whether it's rain or shine, be ready for anything on an active day, with proper running shoes and a rain jacket.

Always make sure that the shoes & clothes your child wears to school are comfortable to move in and suitable to play in.



HAND SANITIZER & FACE MASK



Help stop the spread of germs by having kids wash hands often and wear a mask. Ensure the mask covers their nose & mouth and they should avoid removing it when talking with classmates and teachers. When soap and water is not available, use hand sanitizer to keep hands clean after playing in the playground or at the park.

HELMET



Wheeling to and from school will quickly add up to a much healthier lifestyle. Walking or running are also great ways to travel.

Don't overpack!

Experts recommend that kids carry no more than **10 - 15%** of their total body weight.

In the 2020 ParticipACTION Report Card Canadian kids received an overall grade of D+ for Physical Activity and D+ for Sedentary Behaviours. Let's do our part to improve that grade by setting our kids up for more active school days. Not only will an active day help kids do better in school and sleep better at night, but it will also be more fun!

