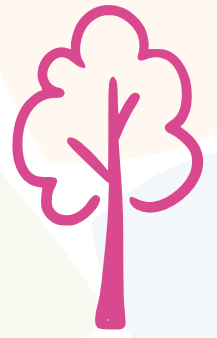
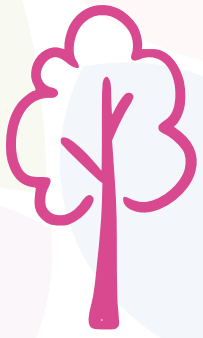




Children First
Early Education



5 WAYS

To Get Active With Children



1



Visit the local
playground

2



Scoot, skate, ride
or walk to places

3



Play with balloons
and bubbles

4



Have a
dance party

5



Play games
together

