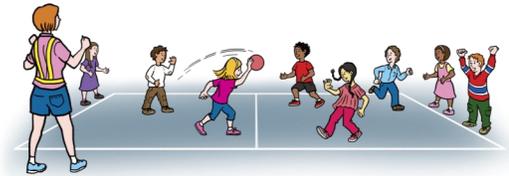


In our daycare, we like to be active!



The Direction régionale de santé publique de Montréal, in collaboration with Montreal's five school boards, encourages all school daycare services to get children to move at least one hour a day, in safe and playful environments.

Children who play well... learn, succeed and grow well.

Five ways to encourage the practice of physical activity:

- Ask children what types of physical activities they want offered in the daycare.
- Ensure that there is enough equipment for children to be physically active.
- Bring the children outdoors as often as possible.
- Offer physical activities set in different environments (gymnasium, classroom, schoolyard, park, etc.).
- Encourage children to participate in physical activities, and put emphasis on having fun.

Video—Part 1



Video—Part 2



Videos funded by ParticipAction and the Montréal physiquement active action plan.

For more information:

http://www.dsp.santemontreal.qc.ca/dossiers_thematiques/jeunes/thematiques/activite_physique_en_milieu_scolaire/activites/sdgp.html

