



By Winta Desta

Helping parents achieve parenting mastery!
parentplaybook.co

KEEPING YOUR KIDDOS ACTIVE DURING COVID-19

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FALL OUTDOOR ACTIVITIES

- Playing in outdoor parks - consider going in off-peak hours (early mornings) to avoid large groups of people
- Making use of outdoor green spaces for sports and camp games like "Red Light, Green Light" and "What time is it Mr. Wolf"
- Nature walks/hiking
- Bike riding
- Obstacle courses

WINTER OUTDOOR ACTIVITIES

- Winter hikes - wear proper footwear and use maintained trails
- Skating at local rinks
- Skiing - if able to social distance in chalets
- Building snow people and snow forts
- Tobogganing/sledding - look out for ice

FALL/WINTER INDOOR ACTIVITIES

- Obstacle courses
- Hide-and-seek
- Animal walks/crawls
- Online workouts and yoga - example: Cosmic kids



HAPPY, HEALTHY KIDS AND PARENTS IS YOUR GOAL,
AND OUR GOAL. WE ARE EXCITED TO GUIDE YOU
TOWARD PARENTING MASTERY!

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