



Indoor Physical Activity

5210 Introduction

Physical activity is vital for a child's development and lays the foundation for a healthy and active life. No matter what the season, it's important for children to get some sort of exercise or movement throughout their day. Use the challenges below for fun indoor physical activity movements.

#indoormovement
#let'smoveinside
#5210HC



Post to Social Media

Just copy, paste and post!



It's time to get up and move! Did you know that having a few minutes of indoor physical activity a day can provide many health benefits for your kids? No matter what the season, use our <https://bit.ly/2UEQUJH> or <https://bit.ly/2Da8cYg> to start having fun indoors! To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Are you bored and have no idea what to do with your kids indoors? Use <https://bit.ly/2ScBWhd> to have a blast by burning off some energy while stuck in the house #5210HC #let'smoveinside

Choose a Challenge

Flash Movement

<https://5210.psu.edu/wp-content/uploads/2018/09/Flash-Movement-Challenge.pdf>

Activity Cube

<https://5210.psu.edu/wp-content/uploads/2018/09/Activity-Cube-hc.pdf>

Freeze Frame

<https://5210.psu.edu/wp-content/uploads/2018/09/Freeze-Frame-hc.pdf>

Coin Collection

<https://5210.psu.edu/wp-content/uploads/2018/09/Coin-Collection-hc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS