



# Caregiver Activity



## Activity #2: Get Your Child Moving

### Materials Needed:

Flipchart or board  
Marker or chalk  
Group Rules



### Introduction/Ice Breaker

Welcome everyone to the group. Explain the purpose of today's group meeting. Have everyone say their name and how many children they have and their ages. Also have them tell the group what their favorite activity is that they do with their children. Go over the group rules.

### Facilitated Discussion Questions

1. What types of activities do your children like to do that gets them moving a lot?
2. Why do you think that it is important to get children to move around a lot?
3. How do you think television affects activity levels?
4. What activities could your children do if it is hot outside? Cold? Rainy? What are some indoor activities?
5. Are there any places you go with your children for activity?
6. How do you think you could get your children to be more active?

