



April 2019



Hi everyone! I've been walking around a lot with my clubhouse friends since the beginning of spring and have caught some children and families being active together outside (#caughtbeingactive). I even saw children being given the choice of what, how, and who to play with, without adults directing them. This made my clubhouse friends and I excited but it also made me wonder, how often are children and families getting outside to be active in today's technology driven world? How often do you see children being active in your own communities? Are the children given freedom to engage in their own play? Does your family make it a priority to get outside and play during your free time? Check out [NC Children and Nature Coalition](#) and the [Children & Nature Network!](#)

In March, my clubhouse friends and I caught a small group of children being active with a large stick and a pile of mulch at a park. They were actively engaged in playing with this stick and the mulch pile for almost a full hour. They worked together to lift the stick on top of the mulch pile and made up a variety of their own games. Through this active play, they had no idea that they were also working on their muscle strength and endurance. They were building strong minds and bodies through play!



We want to see more of this type of play in our North Carolina communities! Don't you? The good news is that my clubhouse friends and I have a lot of ideas and resources that will help the children in your life build strong minds and bodies like us! Visit our website at www.beactivekids.org to stay connected to the latest resources and consider joining us in May at our [Early Childhood Physical Activity Institute](#) to learn more ways to build the mind-body connection for children through play.



These are two of our favorite resources to help children and families grow their minds and bodies with active play outdoors!



[Fun Ideas For Using Play Things Indoors and Outdoors](#)



[101 Things To Do With A Stick](#)

We challenge you to think about how you can engage in more active play by joining the Be Active Kids Clubhouse Team for [Screen Free Week](#), April 29-May 5. Unplug from screen based entertainment and give the children in your lives the gift of PLAY! Share your active, screen free pictures on Facebook, Twitter, and Instagram by using #beactiveblue, #caughtbeingactive, and @beactivekids.

Have a wonderful day and see you in May.