



THE ASPEN INSTITUTE

PROJECT PLAY

5 WAYS

to help your child become

PHYSICALLY LITERATE

- 1** Expose your child to activities in a variety of environments (land, snow, ice, in water, in air).



- 2** Expose them to swimming for water safety and ambidextrous movements.



- 3** Encourage free play outside, tree climbing, jungle gym and backyard games.



- 4** Play catch with your child using different balls and objects.

- 5** Provide opportunities to develop striking skills with bat and ball, racquets, sticks.



PROJECTPLAY.US