



## Why does the family matter?



- Create happy family memories
- Establish good habits for everyone
- It feels like a joint adventure
- Helps establish connections
- Helps practice fundamentals

## Questions to ask the class



- Do you walk places with your family?
- Do you play tag or chase or run with your family?
- Do you play with a ball?

## Try these ...



- Ask to go for a walk together - make it a little adventure eg - look for 5 yellow things or 10 different numbers or the letters that spell your name
- Take a ball to the park or in your garden and play with it in different ways, not just football
- Dance to the music your parents like
- What will you do with your family?