

# Move Well Eat Well



MOVE,  
PLAY  
AND  
GO

## Nature play: so much to explore!

### This month, why not try these summer activities?

- ❑ Play in a creek
- ❑ Draw pictures or play naughts and crosses in the sand
- ❑ Play beach or backyard cricket using sticks as stumps
- ❑ Do yoga or martial arts poses barefoot on the grass
- ❑ Catch a crab
- ❑ Play under a sprinkler
- ❑ Collect sticks to make a kite
- ❑ Press flowers or leaves
- ❑ Build a sandcastle city
- ❑ Photograph a perfect summer day



For more information and for family ideas on healthy eating  
and physical activity visit:

[www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)

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