

# movement



## MOVEMENT

It's important to move and play  
every day.

1- SLEEP 🌙

2- MOVEMENT 🏃

3- NUTRITION 🍎

4- ROUTINE ☀️

5- LOVE 💖

Being active teaches children to be  
curious about their surroundings.  
It allows them to test themselves, meet  
other children, and develop confidence.

*This message is brought to you by the  
Count 5! Public Awareness Campaign  
of Florence 1 Schools  
and The School Foundation.*

# COUNT 5!

[www.count5.org](http://www.count5.org)

Today. Tomorrow. EVERY Day.

