



# movement

Young children need opportunities  
to say “Yes” to physical challenges.

1- SLEEP



2- MOVEMENT



3- NUTRITION



4- ROUTINE



5- LOVE



## Why is movement important?

Moving and playing stimulate  
a child's curiosity.

Self-generated movement teaches  
children control over their bodies.

Crawling, jumping, and dancing help  
to build confidence.

## Parent & Caregiver Tip

*Take long walks with your child.*

*Introduce him or her to nature and the  
changing seasons. This will increase  
focus and create comfort with the  
world around them?*



*Don't rule out playing in the mud!  
It's messy but a good tool for learning!*



This message is brought to you by the Count 5! Public Awareness Campaign  
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