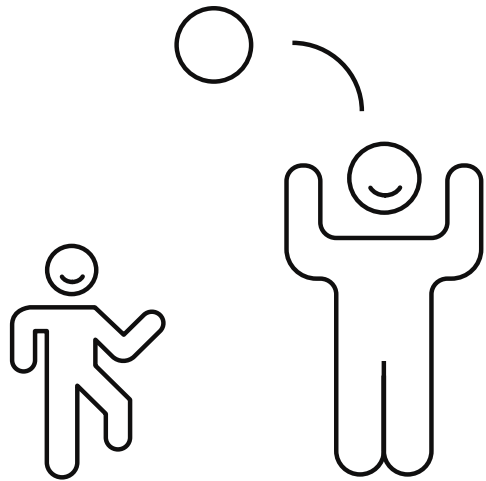


See how many of the following activities you can tick off during 2023.

Let's make 2023 the year that we are more active, together!



- 1 Go for a swim during family time at a Merton Leisure Centre
- 2 Explore a new playground in Merton – *there are over 35 to test out!*
- 3 Go outside and play in your local park
- 4 Teach your toddler how to play catch
- 5 Visit a local playgroup or soft play areas
- 6 Play Pooh sticks in the river Wandle
- 7 Go outside and make friends with a friendly insect
- 8 Attend the Early Learning Together Baby programme, *for first time parents, at your local children's centre*
- 9 Fly a kite in one of the parks. *Top tip: Wimbledon Common can be windy!*
- 10 Spot a fish somewhere along the river Wandle
- 11 Take your toddler on a nature adventure through the woods and take notice of the seasonal changes
- 12 Go paddling in a splash park in the summer
- 13 Clear a safe space in your house to encourage your baby to crawl
- 14 When they're ready, encourage your baby to try 30 minutes of tummy time a day
- 15 Play and a game of hide and seek with your toddler
- 16 Play games of pushing and pulling toys with your baby
- 17 Encourage your toddler to walk with you, rather than using the buggy
- 18 Let your toddler help unpack the shopping or sort the washing
- 19 Sing and dance to a new song with your toddler
- 20 Play in the garden
- 21 Climb the jungle gym in the park
- 22 See how many hops, skips and jumps your pre-school child can do in one minute!
- 23 Your favourite activity!