

Move Well Eat Well



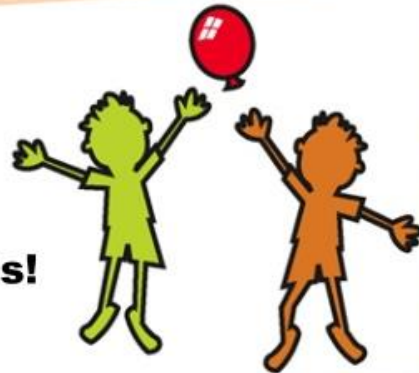
MOVE,
PLAY
AND
GO

Play mates are great!

When children play with others they learn to:

- make friends
- express their feelings
- develop confidence
- share and take turns
- develop leadership and team work skills

Help your child seek opportunities to play with others...it can help them develop life long social skills!



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

www.movewelleatwell.tas.gov.au

