



Let the Adventure begin!

Great that you are participating in the Adventure campaign. The campaign encourages adults and children move together in the neighbourhood. The Adventure campaign will take place 26 September-7 October 2022.

Campaign material to be downloaded from the website

All campaign materials can now be downloaded from the campaign page: www.liikkuvarhaiskasvatus.fi/arkiseikkailu-kampanjan-materiaalit. The page includes the campaign poster as well as the Adventure bingo in English.

Discuss the importance of physical activity

Our aim is to provide you with a concrete tool for working with families in line with the Early Childhood Education Plan and physical activity recommendations. During the campaign, it is natural to discuss the amount of physical activity and the recommendations with parents. Talk about the child's daily amount of outdoor activity and other exercise, as well as the amount of rest and nutrition.

You can also discuss the importance of physical activity and the social dimension with parents. Let them know that regular, physically active play is just the right kind of activity and that families' daily routines containing physical activity are important.

Have fun during the Adventure!

Joy in motion Programme & Families on the Move Programme

www.liikkuvarhaiskasvatus.fi

www.liikkuvaperhe.fi