

# TEACHERS'TOOLKIT

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**W** This symbol helps you to easily identify if there are additional ideas, activities or resources that you can download from the *Teachers'Toolkit* website to support and/or extend the lesson.

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*Teachers'Toolkit* is always considering how we may help the environment while working with our teaching community. Don't forget that you can download each magazine (or specific units) at the click of your mouse. Save a copy on your desktop or your school's intranet for easy access. Don't forget to register online to enjoy some extra Teachers'Toolkit goodies! [www.teacherstoolkit.net.au](http://www.teacherstoolkit.net.au)

## Kids - 'Go for your life'

### Make time in your day for active play



Kids need at least 60 minutes of active play every day. Play can be planned, such as swimming and sports, or unplanned, such as playing chasey or dancing. Making time outside of school and early childhood settings to Move, Play and Go will help your kids stay healthy.



For more information visit [www.goforyourlife.vic.gov.au/kids](http://www.goforyourlife.vic.gov.au/kids) or call 1300 739 899.

