

# WALK & PLAY



## FOLLOW THE LEADER

Walk in a zig zag, hop like a bunny, do jumping jacks, clap your hands. Everyone behind follows the leader's actions. Take turns leading.

## PLAY BUILDS BRAINS!

Reduces Stress | Increases Joy | Builds Strong Relationships

**PLAY IN YOUR FAMILY UNIT - RESPECT PHYSICAL DISTANCING**

COVID Community Support Information call 403-328-LINK (5465)



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