## WALK & PLAY

## INTERVAL TRAINIG

Spice up your walk by instructing kids to:

- o run
- · hop
- · skip
- · side step



## 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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