

# Playscription



Name \_\_\_\_\_

Date \_\_\_\_\_

Active play makes your body move and keeps your body and mind strong.

Name three ways you like to play that keep your body moving. (for example: jumping rope, playing games like hula hoop, hopscotch, or freeze tag, basketball, biking, running, dancing, swimming)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## I pledge to play:

For \_\_\_\_\_ minutes each day by \_\_\_\_\_ (date)

Child's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Provider's Signature \_\_\_\_\_

Credit: Team of RiseVT  
Recommended for use with School age children.

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