

“Let’s Play” Activity Trunk

What is the “Let’s Play” Activity Trunk?

- A trunk full of equipment, crazy games, and craft ideas for families and children ages 4-14
- Can be borrowed by families for picnics, birthday parties and family gatherings

What’s in the trunk?

- Different things for active games:
 - Lots of Balls - basketball, soccer ball, football, foam balls and a ball pump
 - Skipping Ropes
 - Bean Bags
 - Frisbees
 - Chalk
 - Parachute
 - Hackey Sack
 - Badminton Rackets
 - Mini Pylons
 - Rubber Chickens
- A Children’s Cookbook



What’s in the Binder?

- Game ideas for all the stuff in the box
- Games are organized into sections for each type of game or piece of equipment
- Craft ideas
- Cool web sites
- Canada’s Physical Activity Guide for Children and Youth



A project of Take Heart Thunder Bay with funding from the Province of Ontario

Physical Activity is Child's Play

*Better Grades ~ Healthy Bodies ~ Healthy Weight ~
Improved Self Esteem*

How Active Should my Child Be?

- Children need 30 minutes of vigorous activity (running etc) and 60 minutes of moderate activity (brisk walking etc.) each day.
- Build up activity in blocks of at least 5 to 10 minutes throughout the day.
- Start slowly and build up, especially if your child is inactive. 30 minutes a day for the first month, gradually increasing to 90 minutes a day by the fifth month.

*Participate with your child ~ Encourage Outdoor Play ~
Limit TV and Computer Games*

Web Sites

Active Games

www.playgroundfun.org.uk/
www.llanddulas.conwy.sch.uk/Directory.htm
www.gameskidsplay.net

Parenting

www.takeabreakwithyourkids.com
www.investinkids.ca
www.talkingwithkids.org

Health

www.tbdhu.com (Thunder Bay District Health Unit)
www.canadianhealthnetwork.ca

Healthy Eating

www.dietitians.ca (Dietitians of Canada)



Menobimahdizwin-
Living the Good Life

Where can I borrow the “Let’s Play” Activity Trunk?

Thunder Bay

Current River Recreation Association
450 Dewe Avenue
683-8451

Ogden Community Centre
600 McKenzie Street
625-3220, ask for Stephen

Waverley Resource Library
285 Red River Road
344-3585

Thunder Bay Boys and Girls Club - East End Site
706 McTavish Street
623-0354, ask for Lee-Ann Skirving

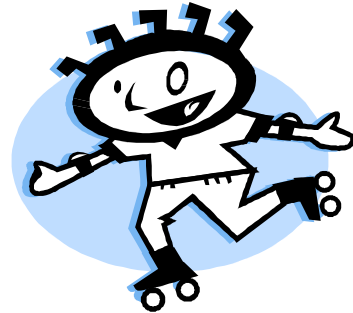
George Jeffery Children’s Centre
507 Lillie St North
623-4381, ask for Ruth Kamo

Thunder Bay Indian Friendship Centre
401 Cumberland Street North
345-5840, ask for Barb Lysnes
Brodie Resource Library
216 Brodie Street South
623-0925

Thunder Bay Boys and Girls Club - Vale Community Centre
420 Vale Avenue
577-2290

Rural Thunder Bay

Rural Family Resource Centre
Murillo, 935-3009
Ask for Laura



Continued...

Nipigon / Red Rock / Dorion / Beardmore

Thunder Bay District Health Unit

Nipigon District Memorial Hospital
125 Hogan Road, Nipigon,
(807) 887-3031

Marathon Area

Thunder Bay District Health Unit

Library Building, Peninsula Road, Marathon,
(807) 229-1820

Greenstone

Thunder Bay District Health Unit

510 Hogarth Avenue, Geraldton,
(807) 854-0454

Schreiber / Terrace Bay

Thunder Bay District Health Unit

Jack Stokes Medical Building
501 Scotia Street, Schreiber,
(807) 824-2413

Manitouwadge

Thunder Bay District Health Unit

Manitou Road, Manitouwadge,
(807) 826-4061

If you have any questions about the "Let's Play" Activity Trunk, or ways to get kids active, call

<p>Stephen Holloway Inclusion Services City of Thunder Bay sholloway@thunderbay.ca</p>	<p>Anne Ostrom Thunder Bay District Health Unit Anne.ostrom@tbdhu.com</p>	<p>Hanna Janiec Thunder Bay District Health Unit Hanna.janiec@tbdhu.com</p>
---	--	---