

# Physical Activity

for young people during COVID-19

Kiddos need a brain break.

Physical activity and active play are critical for brain development, boosting the immune system and improving emotional well-being.

Try Online  
**YOGA**



Learn to  
**JUGGLE**



Build an  
**OBSTACLE**  
**COURSE**



Have a  
**DANCE PARTY**



Challenge a Friend  
**ONLINE**



**JUMP**  
**ROPE**



Make an Action  
**MOVIE**



Play Balloon  
**VOLLEYBALL**

