



To learn, I need to move

Play for the pleasure of learning!

For healthy learning and development, it is essential that children have space and time to play and move.

If we provide them with rich environments that are adapted to their play needs, they will grow and develop in the best way possible.

Children need to explore the joy of play on their own. Through active free play, they acquire all of the fundamental movement skills.

Learn more about physical literacy, the right to play, and child development by visiting ActiveforLife.com or rcpem.com

JOUER
pour le plaisir
d'apprendre

Help me develop physical
literacy and I will be



Regroupement
des centres de la petite enfance
de la Montérégie

ACTIVE **FOR** LIFE®