



To learn, I need
to move.

Help me develop physical
literacy and I will be

ACTIVE FOR LIFE®

Active from birth!

Babies learn to move through experience in a nurturing, emotionally secure environment that challenges their abilities.

Adults help them by creating spaces that encourage them to manipulate objects, explore and discover.

Toddlers need to experience the pleasure of doing things on their own: through free play, they can develop every fundamental movement skill.

To learn more about physical literacy, active play, the right to play and child development, visit **ActiveForLife.com** and **rcpem.com**

ACTIVE **FOR** **LIFE**®



JOUER
pour le plaisir
d'apprendre