

# ACTIVITY IDEAS

for school-aged children with Chronic Kidney Disease (CKD)

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## EXERCISE AS A FAMILY

Build activity into your daily routine. Walk, bike or rollerblade together to school.

Stop at a park on the way home from school.

Use the stairs instead of an elevator!



## Family Activities

- Walking
- Soccer
- Rollerblading
- Gardening
- Ice skating
- Bike riding
- Bowling

## Be Active Outdoors

- Go to the park
- Playground activities
- Set up an obstacle course
- Walk a dog
- Scooter or skateboard



## PLAY SPORTS

Join a local sports team to develop a skill or try a new activity.

Play soccer or basketball as a family or with friends.

Enjoy being part of a team.

## MANAGE SCREEN TIME

Set times to turn off screens for everyone in the family (including parents!).

“No screen zone” at dinner time.

Try a step counter or fitness tracker.



## Be Active Indoors

- Hide and seek
- Dancing to music
- Balloon volleyball
- Bowling
- Gymnastics
- Skipping
- Helping around the house

Be sure to check with your medical team to ensure any activity or sports you pursue are safe within your medical needs.

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