

Rallying for Resilience:

Keeping Children and Youth Active in a Changing Climate



Tips to help your kids get more active

With our climate changing at an alarming rate, how can parents, guardians and support networks help kids face adversity, move more and build resilience? The **2024 ParticipACTION Report Card on Physical Activity for Children and Youth** has several recommendations to help improve four key grades.

Overall Physical Activity: D+

- Openly discuss climate change with your kids and encourage them to get active outdoors and, when possible, in nature, to reduce [eco-anxiety](#) and boost their understanding and appreciation of nature and environmental conservation.
- Promote physical activity early in your child(ren)'s lives and often, while identifying the many ways to include purposeful and built-in physical activity in their daily routines.
- Expose your kid(s) to a variety of sports rather than specializing them in certain ones early on, given data showing that sport sampling is more favourable for lifelong physical activity.

Sedentary Behaviours: D

- During climate events that limit outdoor play and organized sports, swap sedentary and screen time with indoor active play.
- Involve all family members in creating a family media plan that includes setting screen viewing limits, prioritizing screen-free family time and removing screens from bedrooms.

Active Transportation: C-

- Consider letting your kid(s) walk, wheel, cycle or take public transit to school, stores, parks and activities (or join them) to boost their physical activity and reduce carbon emissions and air pollution.
- Let your child(ren) help choose routes to and from destinations to enhance their sense of independence and autonomy.

Active Play: D-

- Encourage outdoor and, when possible, nature-based play opportunities, not only given their link with increased physical activity and improved mental health, but also to promote your child(ren)'s planetary connection and environmental stewardship.
- Encourage indoor active play, especially if your kid(s) face(s) barriers to outdoor play, such as limited mobility and accessibility, and during climate events like poor air quality alerts and heat warnings.
- Nurture frequent [active play](#) opportunities. Given that children learn through play, this will support their development while also keeping them healthy.

Read the [2024 ParticipACTION Report Card on Physical Activity for Children and Youth](#) to learn more.



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