

Helping Your Child Learn Through Movement

Our school has teamed up with Power Play For Kids—a fun, 15-minute movement program designed to boost physical development, spark imagination, and support school-readiness through active play.





WHY MOVEMENT MATTERS

Just 15 minutes a day can help children:

- ✓ Improve coordination and balance
- Strengthen focus and listening skills
- ☑ Release energy in a healthy, structured way
- ☑ Build confidence through fun, success-driven games

PPFK is designed by early childhood movement experts with over 20 years of experience, using no screens and no prep—just real movement and real joy.



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For fun FREE ideas to PLAY at home!

