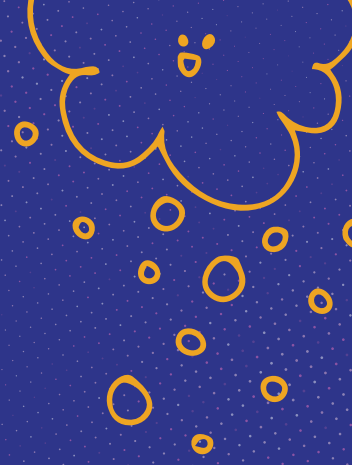


# GET OUT AND PLAY, EVERY DAY



Kids feel their best when they're active throughout the day.



Being active helps little kids:

- Explore their world
- Stay focused and learn
- Grow up healthy and strong
- Sleep and nap better



Visit [playeveryday.alaska.gov](http://playeveryday.alaska.gov)  
to find fun ways to play.

