

## Resources from “Born to Move: Introduction to Physical Literacy” webinar

- **Free resources for developing physical literacy**

- Info-graphic: <http://activeforlife.com/physical-literacy-2/>
- Activities: <http://activeforlife.com/activities/>
- Professional Resources
  - Activities for 0-3 years olds: <http://activeforlife.com/activities-for-babies-and-toddlers/>
  - Lesson Plans for 3 to 12 year olds (including videos): <http://activeforlife.com/lesson-plans-and-resources/>
  - Lesson Plan Modules: <http://activeforlife.com/lesson-plan-modules/>
  - Lesson Plan Builder: <http://activeforlife.com/lesson-plans-and-resources-2/>
  - Additional Resources: <http://activeforlife.com/lesson-plans-and-resources-3/>

- **Building your Child’s Brain** - a series of articles by Dr. Dawn Clarke of Mount Royal University, Calgary, Alberta.

- Building you child’s brain is like building a house: <http://activeforlife.com/building-childs-brain-like-building-house/>
- Building your child’s brain through physical literacy: <http://activeforlife.com/building-childs-brain-through-physical-literacy/>
- Building your child’s brain by giving them lots of experiences to explore: <http://activeforlife.com/learning-through-experiences/>
- Active Play Experiences help young children develop physical literacy: <http://activeforlife.com/active-play-develops-physical-literacy/>
- Why relationships are so important when building a child’s brain: <http://activeforlife.com/relationships-important-to-childs-brain/>
- How to support the “air traffic control system” of your child’s brain: <http://activeforlife.com/air-traffic-control-system-of-a-childs-brain/>