

At [ActiveforLife.com](https://www.activeforlife.com), parents, educators, and coaches will find fun activities, engaging articles and free resources to get kids active, healthy and happy.

Active for Life is here to support the work you're doing to champion physical literacy and physical activity in your community. These free resources, available in both French and English, will make your job easier and more fun.

Outreach materials:

See our [Grow your Program](#) page for postcards, posters, infographics, bookmarks, slide shows and more. Contact Liz Smeaton for more information.

Use Active for Life resources for fun programming ideas:

- [Activity ideas and videos](#)
- [Lesson plan builder](#)
- [Lesson plan modules](#)
- [Activity tracker](#)

Content for your website, handouts, e-newsletters and more:

We share our content for free ([content use guidelines](#) apply).

There are over 1000 articles to choose from. Here is a sampling of some popular pieces to get you started:

- **Physical literacy infographic:**
 - [Digital poster with embedded video](#)
 - Printable posters: [Letter 8.5×11](#) | [Tabloid 11×17](#)
- **Physical literacy articles:**
 - [15 signs that your child is physically literate](#)
 - [Parent myths, and real truths, about physical literacy](#)
 - [10 ways raising a physically literate child is like raising a reader](#)
 - [Help your kids learn to love to move with our parent promise](#)
- **Sport and LTAD Articles:**
 - See articles for parents and community coaches [here](#).
 - Specific sport articles: [Hockey](#) / [Soccer](#) / [Baseball](#) / [Basketball](#) / [Multi-sport](#) / [Athletics](#)
- **Dance articles**

Stay informed with high quality content, get inspired, and connect with other passionate physical literacy advocates by following Active for Life's social media channels:

- [Facebook](#)
- Twitter - [@activeforlife](#) (parents & staff), [@AFLresources](#) (staff)
- [Instagram](#)
- [Pinterest](#)
- Monthly e-newsletter – [subscribe here](#)
- French – see [Actifpourelavie.com](#)

Let's talk about how Active for Life resources can support your work:

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Active for Life helps Canadians raise physically literate kids.

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