

ACTIVITY IDEAS

For school-aged children with Chronic Kidney Disease (CKD)

Information devised and shared by Sheridan Collins, Paediatric Renal Dietitian, The Children's Hospital at Westmead, Australia

EXERCISE AS A FAMILY

Build activity into your daily routine. Walk, cycle or scooter together to school.

Stop at a park on the way home from school.

Use the stairs instead of an elevator!



Family Activities

- Walking
- Football
- Rollerblading
- Gardening
- Ice skating
- Bike riding
- Bowling

Be Active Outdoors

- Go to the park
- Playground
- Set up an obstacle course
- Walk a dog
- Trampolining
- Scooter



PLAY SPORTS

Join a local sports club to develop a skill or try a new activity.

Play soccer or basketball as a family or with friends.

Enjoy being part of a team.

MANAGE SCREEN TIME

Set times to turn off screens for everyone in the family (including parents!).

“No screen zone” at dinner time.

Try a pedometer or fitness tracker.



Be Active Indoors

- Hide and seek
- Dancing to music
- Balloon volleyball
- Indoor bowls
- Gymnastics
- Skipping
- Helping around the house