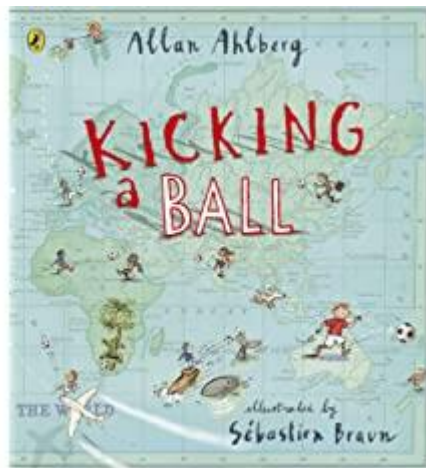




Hull City Council is working in partnership with the Dollywood Foundation



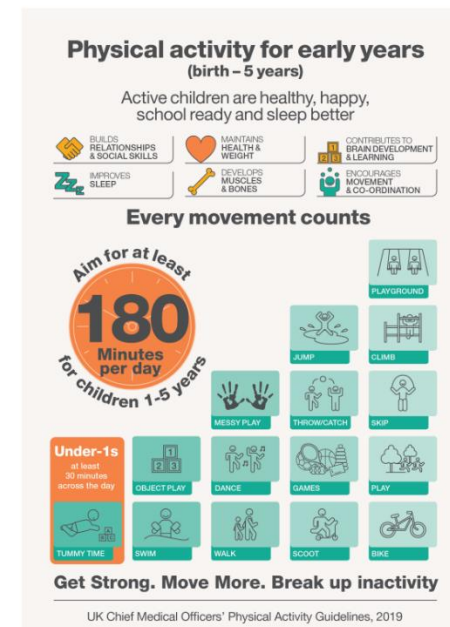
Kicking a Ball is a lovely rhyming book by the author of popular books such as Each, Peach, Pear, Plum and The Jolly Postman.

It is really a long poem which has been written as a book and beautifully illustrated by Sébastien Braun.



How many different things can you do with a ball? You could punch, bounce, blow, roll.....

Did you know that the recommended time for doing exercise is 180 minutes each day for a child aged 0 – 5 years of age? This could include a wide range of activities such as swimming, walking, dancing and, of course, kicking a ball!



You can find out more information from the NHS Website [Physical activity guidelines for children \(under 5 years\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/physical-activity-guidelines-for-children/)