



Child Obesity Management, Education & Research Program

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For Parents & Families

For Health Professionals

Research

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K is for Kinder - Kids Zone Only

Kids Zone Only

As a child or teenager who are the most important persons in your life? Your parents, right?

They have a tough job to do being a parent - listen to them and try do the best you can for yourself and them too! They want you to be healthy and happy just like you want to be as well.

If you want to learn about your body and your health go to this really cool [Kids Health website from South Australia](#). [For specific information you can understand about being overweight go here.](#)

Also see the following fun sites for colour drawings and games you can play while all learning about your health and the environment around you.

This is the [SmartKids](#) online links for safe internet and web-based activities - show your Mum and Dad this site too, as it teaches you how to be use the internet safely and in a healthy way.

Remember to get up from playing the computer or watching the TV every 15 mins and give your body a gentle stretch and your arms and legs a shake or two then have a break for a drink of water.

Try not to watch TV or play computer games more than 2 hrs a day to keep you healthy!

See these fun sites!

[2 and 5 Fruit and Vegie Kids Zone](#) - download drawings to colour in and more

[Australian Geographic](#) - Explore Australia's natural wonders and adventures

[National Geographic Kids site](#) - Explore the natural world

[World Wildlife Fund](#) - save the Tiger and natural environment and link to WWF [videos](#) and [games](#)

[BBC Wild Animals Site for Kids](#)

[ABC for Kids](#)

Two of the Best Kid sites on the Web from USA - [games, colouring and more](#)

Music and Mind Building Fun Activities at [kids.gov](#)

[PBS Kids](#) - great site and one of my favourites is the [Kids Jazz](#) site!

Fun with Music - [San Francisco Symphony Kids Site](#) - really cool!

If you know other fun sites email us to let us know so we can add them to the list here.

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