

**Bryan Hewitt**

**4/12/16**

**Community activity**

## **ACTIVE BODIES & MINDS**

We will all head to the Gym if it's raining outside, if not raining outside we will all attend the upper field. Today we will all be Active there will not be any 2<sup>nd</sup> session in the classrooms today.

### **Facts:**

- Adults are told all the time to exercise more. But do your kids move enough? Physical education and recess times are constantly getting shortened or cut from the school day, despite the growing body of evidence showing that physical activity is important for cognitive function in children. The reasons why kids need recess are widespread; exercise benefits children both physically and mentally. The more your child moves, the better they will learn.

### **Importance of exercise for children**

- Exercise in children improves physical fitness, bone mass, insulin functioning, and markers of inflammation. It also helps overall well-being, improving things like physical self-perceptions and self-esteem.[1] What might be most important, however, is that exercise can improve cognitive function in children. Exercise may be able to enhance intelligence, academic achievement, brain development, processing speed, and more.

### **Tips for Keeping Minds Active**

- Create a calendar. Help your child feel in control of their summer vacation by laying out a calendar and ask them to fill it in with certain educational activities. For example, "When I get up in the morning, after breakfast, that's when I'm going to start my reading for the day."
- Read together. Make sure your child picks the books that they want to read and take their time reading. If you are a working parent, take 15 minutes before bed and read a book together, especially if it is a more challenging book.

- Every day. Encourage your child to read daily if it fits into your schedule. Offer incentives for reading. A good stretch to read is 20 to 30 minutes.
- Consistency is the key. The goal is to set a time of 20 minutes, but they say they want to keep going. You want them to become hooked to reading. As a parent, read a book while your child is reading to model consistency.

## **Tips for Keeping Bodies Active**

- Take a family class or join active groups in afterschool programs or summer camps. There are lots of programs which provides family classes so that families can get healthy together. Working out together can bring you closer and keep you motivated and encouraged.
- Transform the family room. Sometimes family rooms are the center for laziness: a comfy couch, video games, and the television. Place subtle reminders that promote physical activity: resistance bands, dumbbells, a yoga mat, and a jump rope. These small reminders will get you moving in no time.
- Make chores fun. One thing that sets summer apart for kids is the list of chores that parents leave during the day. Instead of delegating each member of the family to do separate chores, turn chores into a game you can all do together. Race to see how fast you can get the house cleaned.
- Keep toys handy. Stashing balls, racquets, jump ropes, hula hoops and such in your garage can encourage your kids will find something to do.