
JUNE ANNOUNCEMENTS K-5: PROMOTING PHYSICAL ACTIVITY

- Did you know that exercise is good for your brain? It helps you feel good about yourself, learn, and remember. Just 10 minutes of active playing can make you smarter!
- Did you know that a little exercise is good, but more is better? Try to exercise for at least one hour every day!
- Did you know there are a lot of ways to exercise inside your home? If the weather isn't nice outside, you can dance, do yoga, stretch, build a blanket fort, or play a game like "Twister." What are you going to try?
- Did you know that exercise is good for your body? It helps your muscles and bones grow and get stronger. Try to exercise for one hour every day for a healthy, strong body.
- It is a lot easier to get moving when you choose something that you love to do! Do you love to ride a bike, go for walks in nature, play basketball, and dance to your favorite music? Whatever it is, choose something that is fun and that you love doing. Remember, "I like to move it, move it (x3) Ya like to... move it (Madagascar song rhythm)". You know what time it is? It is time to move it!
- Did you know that playing improves your health? It helps you to do better in school, grow stronger, feel happier, and learn new skills. Wow! Who knew that playing had so many benefits? What are you going to try today?
- Get up and get active! Try changing up your "after school" routine and go for a short walk with a family member or friend once you get home from school. It doesn't take much to get your body moving more!
- Ask a friend to try a new activity at recess today. If you've never played soccer before, grab a soccer ball and play around. You'd be surprised what your body can do and how much fun you'll have trying a new physical activity!
- Next time you are doing schoolwork at home and just can't seem to concentrate, take a short exercise break to reset your mind and body. You can jog on the spot, do 15 jumping jacks and 5 squats, or some other quick activity of your choice! We are positive you will feel so much better!
- Do you live in a safe walking distance from the school? Try walking or wheeling to school instead of getting dropped off in a vehicle! It's a great way to start and finish the day...and it's good for the environment!