

GET ACTIVE WITH



Active Bodies, Active Minds

ACTIVITY 2, FOR PAIRS/SMALL GROUPS

Suggested for Grades 3–5

Facilitators: *Please review this activity before beginning. Kids will be asked to get active.*

Name: _____

Think about this: Do you feel better when you sit very, very still for a really long time or when you have a chance to get up and get active? Most people feel better when they get active every day. Most kids should be active for 60 minutes each day. Keeping your body strong and healthy helps you learn better, feel better, and live better!

With your partner or group, answer this: Why do you think most people feel better when they're active?

Now, try this: With your teacher or parents' permission, put this activity down and do 20 jumping jacks. Then, return to this activity.

Answer these questions with your partner/group: Do you feel different? How?

Did you know that getting active helps you make sense of and remember things? It also lowers stress and helps your brain grow.

Complete the activity: With your partner or group, come up with a fun activity you can do together right now for about 3 minutes. Maybe it's more jumping jacks. Maybe you'd like to jog in place, do toe-touches, or dance. Whatever it is, have fun!

When you're done, write a paragraph about how you feel. You may write it individually or with your group.

Good job!