

# Family Times

PROMOTING HEALTHY CHOICES

PHYSICAL ACTIVITY FOR K - 2nd GRADE



**Family Times** is a newsletter provided by HealthMPowers as a resource for families.

Activities and information are presented to help families encourage the adoption and/or maintenance of healthy behaviors.

Research indicates that family involvement is critical to both the health and the academic performance of young people.

## Tips for Caregivers

- Schedule specific times during the week for family exercise and stick to them.
- Praise your child whenever he/she is being active.
- Reward your child with physical activity. A trip to a park of their choice is a great example.

## Family Fun Physical Activity!

Children need to learn the importance of physical activity at an early age, because this will increase the likelihood of them being active as they grow older. This will also decrease their risk of chronic disease.

Engaging in physical activity together as a family will increase the likelihood that your child will be active and develop the habit of regular exercise for life.

Some activities that you can do as a family on a regular basis are listed below.



- Go for a walk after dinner and talk about your child's day.
- Visit a local park.
- Ride bikes.
- Play tag.
- Dance.
- Jump Rope.

CUT HERE AND RETURN TO CLASSROOM TEACHER

## Family Completion Chart

Young people need to hear health promotion messages at home. Children learn by imitating adults. Help your child learn how to make healthy choices.

Student Name: \_\_\_\_\_

Family Member Signature: \_\_\_\_\_

Comments: \_\_\_\_\_

*Number of Activities We Completed this week!*

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ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

*“I will be active with my family every day!”*

Please complete the following activities that reinforce this goal with your child, stressing the importance of this health behavior.

For each day, record an activity that the whole family can do. Next, record the total number of minutes family members agree to participate in the activity. Finally, record the initials of those that participate in the activity.

Day	Activity	Time	Initials
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



## Pine Cone/Stick/or Trash Competition

Give each family member a garbage bag, and see who can pick up the most pine cones, sticks or trash within a given amount of time. The person with the most pine cones, sticks or trash wins. This is a great way to get yard work or housework done as a family.

Have your child draw or write the person's name who won this competition.

*We did this!*