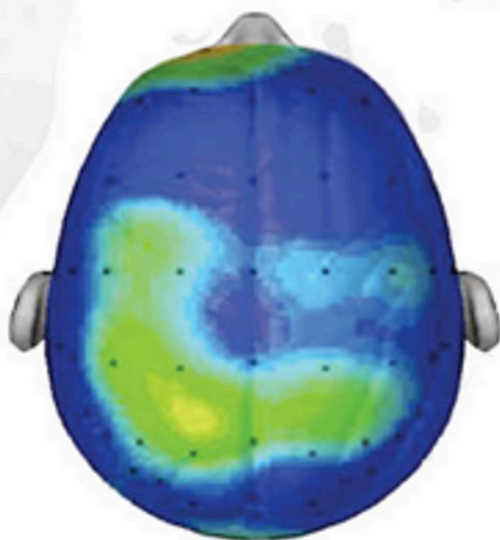
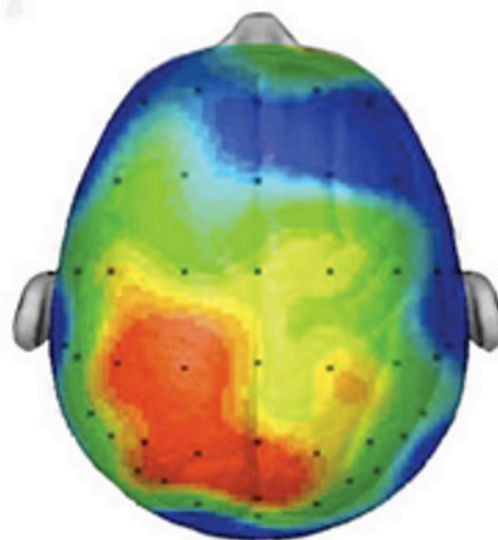


NURTURING YOUR CHILD'S PHYSICAL HEALTH: *PHYSICAL ACTIVITY & PHYSICAL LITERACY*



AFTER SITTING QUIETLY



AFTER 20 MINUTE WALK

Our brains learn better with movement!

When we're physically active, a number of hormones are released in our brain that helps to boost our energy, mood and learning. These hormones create the image of a colourful "rainbow brain" shown above.¹ In your child's class, we talk about how we like to have rainbow brains as much as possible so that we can learn at our best- that's why we are bringing movement into the classroom!

Both brains did a math test after they sat or walked for 20 minutes.¹

Which brain do you think did better on the math test?

Looking for more ideas to build movement into your child's day? Try using active transportation (walking, biking, rolling, or running) to get to school. This can save you time in the drop-off line up and can be a fun and social way to start the day.

¹Hillman, C., Pontifex, M., Raine, L., Castelli, D., Hall, E., Kramer, A., (2009). University of Illinois. The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*. 159, 3: 1044-1054.

PHYSICAL ACTIVITY CAN...



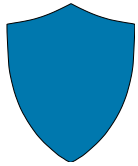
Help your child manage their emotions and improve mood



Help your child move their body in all the ways they want to



Make it easier for your child to fall asleep



Boost your child's immune system



Improve your child's ability to focus and do better in school



Provide opportunities to make friends

Help your child activate their rainbow brain at home!

Wondering how to teach your child movement skills like running?

These videos from Active for Life can help:

<https://activeforlife.com/resource/fundamental-movement-skills-videos/>

DRIVING AROUND ACTIVITY

Pretend to be a car and follow the instruction shouted out.

Highway driving: Running

Speed limit: Walking

Out of gas: Stand on one leg to refuel

Raining: Do 5 Jumping Jacks like windshield wipers

Construction: Jump from two feet to two feet

Tip: For older children and youth, you can also change the skills to make them harder.



To find out how you can help develop your child's physical literacy at home, visit <https://pise.ca/physical-literacy-resources/>, and try this game!

For more information about the school physical health program, please contact your school Public Health Nurse.