

Make Time to Move



Let's Move!

1. Move your body any way you like as long as you are a safe distance away from objects and other people.
2. When the leader says "STOP," everyone freezes.
3. Pause and take three deep breaths, then start again.
4. Repeat as time allows.

Option: Play music to begin and end each round.



**You have many moments in your day
when you can move. Make it fun!**

Dance and dress: While you are getting dressed in the morning, crank up the tunes in your room and dance!



**Waiting is boring. Don't just stand there!
Sway, stand on one foot, or do a wall sit.**



Do you get a ride to school? Choose to walk!

Ask to be dropped off a block from school and walk or jog the rest of the way.



During commercial breaks, challenge your family to a contest.

See who can do the most jumping jacks or do a plank for the longest amount of time.



Make list of 10 ways you can move throughout your day.

Here are some ideas to get started:

- Jump while waiting for the bus.
- Skip around the playground at recess.
- Stretch before and after you sit at your desk.
- Turn on some music and dance before you begin your homework.

Name _____

How Can You Move?

Movement does not only include exercise. Dance while getting dressed, stand on one foot while waiting, or walk to school--there are many ways to move! Write or draw 10 ways you can move your body throughout the day.

| | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |



Fill in the blanks.

WHEN AND HOW YOU _____ IS UP TO YOU.

Being active for at least 60 minutes is easy when you make a plan.

Use the list you just made to create a timeline that shows how you will choose to move.



Name _____

My Move Timeline

Move many times, many ways, and in many places! All movement adds up to the recommended one hour or more of physical activity each day. Write or draw ways you will move throughout your day.

🕒 Morning

🕒 Afternoon

🕒 Evening

🕒 Night

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