



## Moving Messages to Send Your Kids

### Words to Say – Actions to Show

1. Moving feels good. Model this: Smile as you raise your arms and stretch
2. Physical activity is a great “stress buster”.

If frustrated say: Let’s go for a walk & stomp our feet.

3. Different children develop coordination at different rates, but all children need to be encouraged to do physical activities every day.  
Say: Let’s do this exercise together.
4. When we are active, our brains think better.
5. Playing sports or running around with friends is a fun way to spend time together.
6. Being active will help your skin and hair look healthy.
7. Be proud of what your body can do.



You look great doing that donkey kick.

8. Running around in the afternoon can help children sleep better at night.
9. Doing sports is even more fun than watching.



Let’s play catch.

10. Moving when you are tired can boost your energy.