



Physical Activity: Let's Get Moving !

Parent Workshop

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Thinking Questions

- Can your child focus well on school and homework?
- When does your child have the most trouble focusing?

2 mins think, 3 mins share. Raise your hand if your child has been diagnosed with ADHD.

Today's Learning Goals

- Kids need to move!
- Physical activity helps your child's brain.
- Add brain breaks to homework time.
- Talk to your teacher about how to add movement into the school day.

2-Minute Refresh

True or False?

Physical activity helps keep your child healthy.

2-Minute Refresh

True!

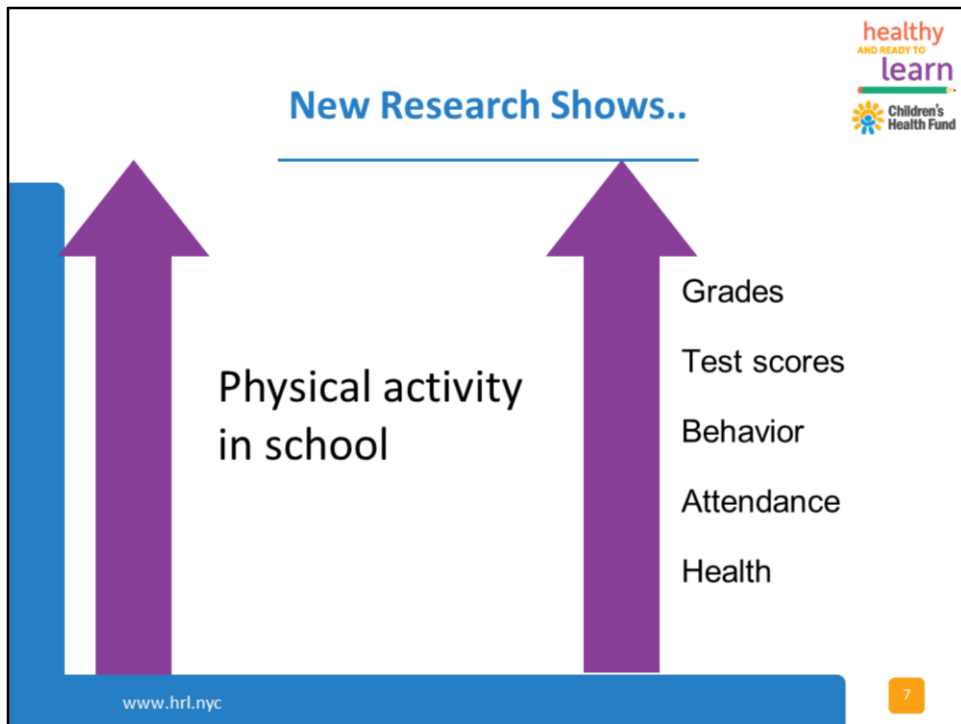
Physical activity helps keep your child healthy.

Now, take 2 minutes to write down every **health effect** of physical activity you can think of.

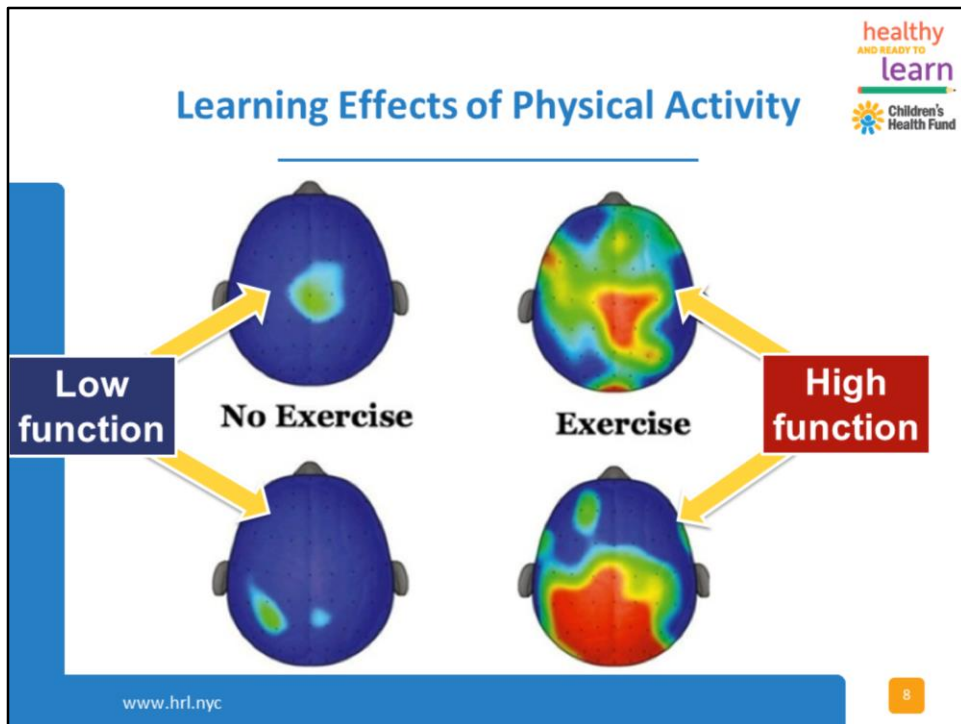
Health Effects of Physical Activity

- Healthy weight
- Better mood
- Lower risk of heart disease
- Lower risk of diabetes
- Lower risk of cancer
- Stronger bones and muscles
- Able to do daily tasks (stand up, walk, lift heavy things)
- Longer, healthier life

Source: CDC <http://www.cdc.gov/physicalactivity/everyone/health/index.html>

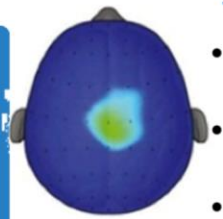


Source: <http://www.dsr.wa.gov.au/docs/default-source/file-support-and-advice/file-research-and-policies/brain-boost-sport-and-physical-activity.pdf?sfvrsn=0>



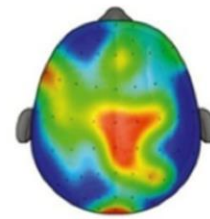
Source: <http://www.theatlantic.com/health/archive/2014/09/exercise-is-adhd-medication/380844/>

Learning Effects of Physical Activity

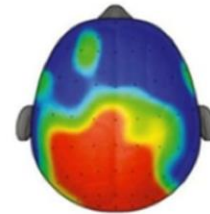
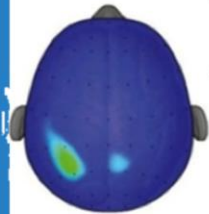


No Exercise

- Better concentration
- Better memory
- Better school behavior
- Better attendance
- Better performance



Exercise



Source: <http://www.theatlantic.com/health/archive/2014/09/exercise-is-adhd-medication/380844/>

Did You Know?

Children with ADHD show the most improvement from physical activity.

Why?

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Physical activity **helps the brain focus**, much like ADHD medicine.

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What if.... we could replace some of this (pills) with this (dance)?

<http://www.theatlantic.com/health/archive/2014/09/exercise-is-adhd-medication/380844/>

Image: <https://pixabay.com/en/capsule-drug-gelatine-medicine-158568/>

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www.hrl.nyc

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Images: https://pixabay.com/p-1300070/?no_redirect
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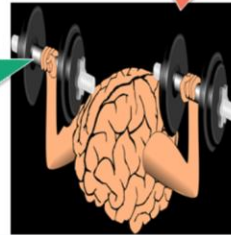
Take a Brain Break

When your child starts to lose focus on homework, take a **brain break**! Aim for:

- About **10 minutes**.
- Lots of **movement**.

Let's try it!

Why would
brain breaks
help your child's
homework?

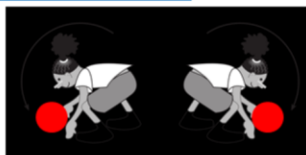


Brain Break activity

Image: <https://upload.wikimedia.org/wikipedia/commons/thumb/1/15/Brain-1295128.svg/2000px-Brain-1295128.svg.png>

Brain Break Activity

1. Find a **partner**.
2. Stand **back to back**.
3. Pass ball **over-under** for 30 seconds.
4. Pass ball **side-to-side** for 30 seconds.



Let's try it!



Over-under = backwards overhead, then down through legs.
Side to side = keep torso straight, pass ball around in a circle.

Images: <https://upload.wikimedia.org/wikipedia/commons/thumb/1/15/Brain-1295128.svg/2000px-Brain-1295128.svg.png>
https://pixabay.com/p-148155/?no_redirect

Ideas for Indoor Brain Breaks

- Crab walk
- Bear crawl
- Wall push ups
- Jumping jacks
- Stretch
- Run in place
- Dance to a full song or music video
- Partner activities



Image:

<https://media.defense.gov/2012/May/02/2000155565/888/591/0/120425-F-ZP572-073.JPG>

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https://upload.wikimedia.org/wikipedia/commons/7/7a/Wallpushup-CDC_strength_training_for_older_adults.gif

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Image: <https://upload.wikimedia.org/wikipedia/commons/7/7f/USMC-120214-M-MA421-288.jpg>

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Image: <https://www.army.mil/e2/c/images/2013/08/29/310181/size0.jpg>

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Image: https://c1.staticflickr.com/6/5345/7370370798_6730d91dfc_b.jpg

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Image:

https://upload.wikimedia.org/wikipedia/commons/4/4e/Children_dancing_to_Gangnam_Style.jpg

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Image:

https://upload.wikimedia.org/wikipedia/commons/c/cb/Gulliver_academy.jpg

Let's Review

1. What does research show about physical activity and learning?
2. Which children can improve the most from being active?
3. What is a “brain break”? Give 1 example.

Be an Advocate

We know that being active helps kids focus and learn.



They perform better
academically.



They have better
attendance.



Their behavior
improves.

Source: Let's Move Active Schools <http://www.letsmoveschools.org/>

Be an Advocate

But most of school time is sitting, not moving !



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Be an Advocate

But most of school time is sitting, not moving !



As a parent, how can you help solve this problem ?

Source: Let's Move Active Schools <http://www.letsmoveschools.org/>

Brain Breaks in School

- “Fitness Alarms”: announce a full-school brain break every day.
- Teacher leads brain break at set times every day: morning announcements, after lunch.
- Use music to get kids dancing in the hallway and during lunch.
- Teacher uses Move to Improve or other movement in lesson plans.
- Other ideas?

Talk with a Partner

Your friend's son has very low grades and never finishes his homework. Your friend thinks that he shouldn't play a sport, because he needs more time to study.

Using what you learned today, what would you say to them?

Talk with a Partner

End-of-the-year tests are coming up. Your principal has cut out recess to give students more time to study.

Using what you learned today, what would you say to them?

Talk with a Partner

Your teacher understands that physical activity is important for kids. But her most important job is to teach math.

Using what you learned today, what would you say to them?

Today's Takeaways

- Kids need to move!
- Physical activity helps your child's brain.
- Add brain breaks to homework time.
- Talk to your teacher about how to add movement into the school day.

Questions?



Thank You

If you would like to see other physical activity resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

How physical activity helps the brain

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

How to add brain breaks into your child's day

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?