



e-Tips for Families

Encouraging Physical Activity

Your child will be sitting in front of their computer for long stretches of time.

Physical activity is a natural way to reduce stress and prevent anxiety. Experts say that when we move, it has a positive impact on how we think.

A few tips for success:

1. During breaks encourage activities like jumping jacks or jump rope.
2. Eat lunch at a nearby park.
3. Start each morning with yoga.
4. End the day by taking a family walk and use this time to ask questions about their day.

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