



e-Tips for Families

Encouraging Physical Activity

Your child may be sitting for long stretches of time while in school. 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. Encourage homework breaks and incorporate jumping jacks or jump rope.
2. Explore various types of physical activity and check out any team sports that may be offered at school.
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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