



**November 2020**



Hi everyone! Our fall weather is in full swing in North Carolina, leaves cover the ground and there is a chill in the air. Everyone is busy with school and other activities, we all start to plan and prepare for the upcoming holidays. With everyone's hectic schedule, how can we include more physical activity into our lives and the lives of children that we serve?

My clubhouse friends and I came up with a few tips to keep kids active during the day at school:

1. Incorporate physical activity into curriculum concept in the classroom and during virtual classes
  - Math - collecting sticks, sorting shells or rocks, etc.
  - Science - talk about heart rate as the class is active at different intensity levels
  - Letters - moving bodies to create shapes, numbers, and letters
2. Create a school garden (or home garden), raised beds or plant seeds in cups
  - Having a school/home garden will encourage the kids to gain a better understanding of where our food comes from
  - School/home gardens also allow the opportunity for physical activities like carrying, raking, pulling, etc.
3. Include music and movement activities throughout your day
  - Calming music to transition the kids from an activity to a slower activity (include yoga and stretching)
  - Music and movement during morning time or circle time to allow children to dance and move freely
4. Incorporate movement within centers
  - Include materials within in centers where kids can explore movements, sports, activity, etc.
  - Develop a center dedicated to movement using equipment and resources (cards, books, activity ball/dice, etc.)
5. Read active stories
  - Include active play, sports, transportation, and animal related books in your classroom library
  - Allow children to move when you read stories that allow for physical activity

We love #5, especially since November is **National Picture Book Month**. Thanks to our friends at Be Active Kids, we don't have to look very far to find books or songs that will help us to move more. Check out the [Be Active Kids books](#) and their [Literacy in Motion and Music that Moves handout](#). You can also find books that inspire outdoor play with our friends at the [Natural Learning Initiative](#) and other stories that kids moving with [Nemours](#). Finally, check out the Be Active Kids books about the healthy adventures of Blue and his friends.



My clubhouse friends and I have a lot of other ideas and resources that will help the children in your life build strong minds and bodies like us! Visit our website at [www.beactivekids.org](http://www.beactivekids.org) to stay connected to the latest resources.