



Active Minds Active Bodies



Active Minds Active Bodies: Encouraging Children to Read and Move

There is a natural link between physical activity and reading. Children are particularly interested in stories or books that describe or depict things that are connected to their own daily lives such as playing sports, being active with their families or engaging in active leisure pursuits. You can incorporate book titles from the list into what you are already doing.

For example...

Incorporate: Use books from the booklist, such as biographies, to support your curriculum.

Play outside together: Throw a Frisbee, ride bikes, hike, or play touch football.

Limit screen time: Limit the time your children sit in front of the computer, watch television or play video games. Health Canada recommends that children be active for 90 minutes a day.

Read it then do it: Encourage reading books that illustrate the wide range of sports, leisure and active living opportunities available in Halton.

Minimize competition. Emphasize the importance of having fun and learning a new skill.

Schedule it: Schedule a regular time throughout the week for physical activity.

Take turns: Give everyone a chance to pick an activity for the entire family to do as a group.

Be a positive role model: Take the stairs instead of the elevator, go for a walk after dinner.

Plan a weekly or monthly family fun night: Go bowling, hit the driving range or take a swim.