



Read to Succeed  
Parent Tips for Elementary-Age Children

## Being Active Together

It's easy and fun to encourage your school-age child to be active!

- ★ **Take turns.** Make a point of doing some physical activity as a family every day. Make a list together of activities everyone can do: walking, biking, dancing, jogging, swimming, playing catch, and playing basketball are some ideas. Each day a different member of the family gets to choose the activity.
- ★ **Special Events.** Instead of going out to eat or watching a movie, choose something active to do for a special occasion. Swimming, bowling, hiking, playing mini-golf, laser tag, going to the playground, or going roller-skating are activities children really enjoy. Many of these are free or have only a small cost.
- ★ **Play together.** Simple games like tag, red light green light, Simon says, races, and dancing to music are a lot of fun when you play together!
- ★ **Jump rope fun.** Try something different to practice numbers with your child. Ask her to form a number, such a seven, on the ground using a jump rope. Then have her move from one end of the number to the other by hopping on one foot. Next have her form a two, and gallop along the number.
- ★ **Scavenger hunt.** Make an ordinary walk interesting by hunting for objects! Create a list of what to look for, making it more difficult for older children. Your list could include a purple flower, an oak tree, a silver minivan, a blue house, etc. This gives you a great opportunity to talk together and enjoy active time outdoors!



Read to Succeed is a Raising Readers in Story County program. [www.raising-readers.org](http://www.raising-readers.org)