



Unit 7 Play Hard: Parent Extension

Hi, this is Shanita with the Montgomery County Office of Public Health.

In unit 7 of the 123 a Healthy Me series, we revisit the benefits of physical activity. Physical activity not only builds strong and healthy bodies but also can give your brain a break and a boost in energy. This applies across the board for both children and adults.

Stepping away from schoolwork or sedentary tasks to move around will help you and your child to feel more awake and energized.

These breaks do not have to be planned but it doesn't hurt to set times of the day where these activities or "brain breaks" will be inserted. You can set an alert to go off or just pick a time, such as 10am each day.

We're providing you with a brain breaks board that can be used to guide you and your child's break time. To use this board, you can create colored die out of paper. Instructions are included.

We hope you and your child will have fun incorporating these fun brain breaks into your day.

Thanks for watching and always remember- be healthy, have fun and stay safe.