

Get Moving!

Movement is the key to healthy development. In a world dominated by television, computers, and video games, children are spending more time sitting down, indoors, and staring at video screens than ever before. At the same time, more children are being diagnosed with learning challenges and developmental delays. The best way to help these kids is to get them moving!

Children who are physically active in their early years have a significantly greater chance of achieving success in school. This is because movement stimulates the brain and develops readiness skills, such as body awareness and coordination, that are crucial to classroom learning. Students who do not reach this level of developmental maturity often have difficulty sitting still and paying attention in class. They get distracted easily and as a result, struggle with academics or behavior.

So get the kids moving this summer! Playing outdoors and indoors helps ALL children develop mature readiness skills, stay healthy, and most importantly, have FUN!



**1800 Second Street N.E.
Minneapolis, MN 55418**

**612-706-5549 | Fax: 612-706-5555
www.actg.org | Email: mlrc@actg.org**



S.M.A.R.T. Summer Ideas for Parents!

Stimulating **M**aturity through **A**ccelerated **R**eadiness **T**raining

S.M.A.R.T. is an exciting way for children to stay active and exercise their brain and body!

Play Outside!

To keep your child's brain in shape during the summer, go outside and play! Here's a list of fun outdoor activities that help develop important skills, such as body awareness, coordination, and functional vision:



Roll across the grass, down a hill, or over pillows and blankets

Jump rope, hop on rebounders, or play hopscotch

Balance on curbs, painted lines, or railroad ties at the park

Creep/Crawl across the grass, on slip 'n slides, or through a fort made of cardboard or pillows and blankets

Spin around in the yard, on a swing, or use a sit 'n spin

Climb on jungle gyms and overhead ladders



Remember!

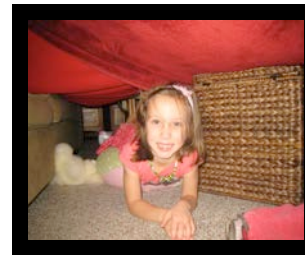
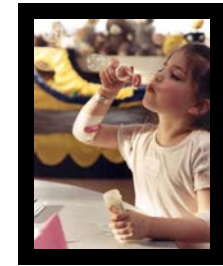
Adult supervision is recommended.



For Rainy Days...

When it's wet outside, find ways to stay active and be S.M.A.R.T. indoors! These "rainy day" ideas will stimulate the brain and develop fine motor, coordination, vision, and auditory skills:

Solving Puzzles
Playing Cards
Board Games
String Beads
Pillow Forts



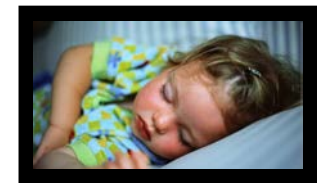
Treasure Hunts
Sewing Cards
Tapping Balloons
Blowing Bubbles
Marbles & Jacks



Before Bedtime

A few ways to wind down at the end of the day...

Reading
Storytelling
Ceiling Flashlight Tag
A game of "I Spy"



*For additional activity ideas, and children's books, visit these sites:
www.parents.com (search under "family fun")
www.tumblebooks.com/library/asp/home_tumblebooks.asp
www.readingrockets.org (search under "for parents")
or its multilingual sister site: www.colorincolorado.org