

GET ACTIVE WITH



Active Bodies, Active Minds

ACTIVITY 2, FOR PAIRS/SMALL GROUPS

Suggested for Grades 6–8

Facilitators: *Please review this activity before beginning. Kids will be asked to get active.*

Name: _____

With your partner or group, respond to this question: How does getting active make you feel?

Now, answer this: How does getting active make you *think*?

Check this out: Studies from the University of Illinois found that “just 20 minutes of walking” before a test raised children’s test scores. Why do you think walking would increase test scores? Do you think jogging, playing soccer, or swimming would do the same thing? Yes! If the activity raises your heart rate and you do it for 20 minutes or more, it will probably help you think.

See how it feels: Ask your teacher or parent/guardian if you can take a break to get active. Then, with your group, do 20 jumping jacks.

Afterward, answer this question together: What do you notice? How do you feel different?

GET ACTIVE WITH



Active Bodies, Active Minds

ACTIVITY 2, FOR PAIRS/SMALL GROUPS (CONTINUED)

Suggested for Grades 6–8

Now, think about this: In a study, kids ran on a treadmill for 20 minutes while other kids played 20 minutes of sports-style video games at a similar intensity. Afterward, all of the kids took a test. Running improved test scores immediately afterward. Playing video games did not.

What about you? What change(s) can you make today to make your life more active? Talk with your partner or group and come up with strategies to get active. Remember, you don't have to do it all at once. You can do five minutes of an activity here, ten minutes of an activity there, and so on. Try to do 60 minutes of healthy activity every day. What's your plan? Jot down your ideas below. Then, get started, get active, and have fun!
