

Physical activity for 5 to 18 year olds during COVID-19: Guide for parents

Helps concentration

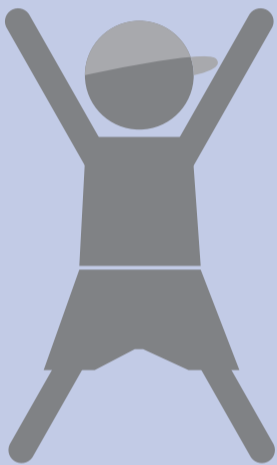
Some is good, more is better

Have fun

Feel better

Learn new skills

Home schooling



Make physical activity part of learning

Break up sitting time with short movement games

Try games like 'Simon says jump 4+5 times'

Build a makeshift standing desk



Activity ideas

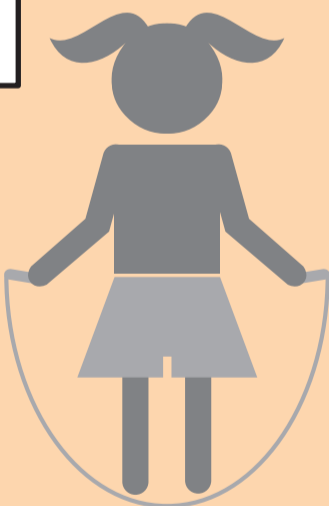
Indoor 'playground' games (e.g. hide and seek, skipping)

Create dance routines

Make an action movie

Build an obstacle course

Check out online resources



Competence

Encourage challenging but achievable activities

Give positive feedback on effort and improvement

Connection

Be active together

Let young people connect online/by phone with friends

Control

Let children choose activities

Give a reason. Focus on immediate benefits like having fun