Let’s go! Takes 5-2-1-0 to school

Use Physical Activity as a Reward for Your Children

The Good Behavior Game
- Write a short list of good behaviors on a chart
- Mark the chart with a star every time you see the good behavior
- After your child has earned a small number of stars, give him or her a reward

Give your child extra play time before or after meals as a reward for finishing homework.

Avoid giving your child extra time in front of the screen as a reward.

Choose fun, seasonal activities.

Encourage your child to try a new sport or join a team.

Tips to Make it Easier:
1. Make physical activity fun
2. Role model active behavior
3. Choose toys and games that promote physical activity

For more information, visit www.letsgo.org