

Movement Gratitude!

Today's Big Idea:

Doing physical activity is one way we can take care of our bodies and feel our best.

Why it Matters:

Movement makes a difference! Girls who are physically active are better able to regulate their emotions, manage stress, and stay healthy. By showing girls the value of being active, we can help them build healthy habits to appreciate their bodies and move more!

Silly Starters:

- Would you rather speed around like Flash or fly like Superwoman?
- Would you rather be able to move like a cheetah or move like a butterfly?

Share the Big Idea:

Moving our bodies is an important part of staying healthy and there are lots of ways to do it! All the activities that come next will help us think about what it means to move our bodies and how we can practice having gratitude for all our bodies do!

Get Moving! Dance it out! **

Materials:

- Music (pick 5 songs together – or take turns picking from your favorites)

How to do it:

- Read the round challenge – starting with Round 1 (see chart)
- Play your first song and begin to dance.
- PAUSE the song every 20-30 seconds, FREEZE, and SHARE your response to the round challenge.
- Make sure you both freeze & share with each pause!
- Keep going until the song ends.
- Repeat the process starting with the next song and next round challenge

Tip: If you're into it, they will be too! Dance along with your girl and take turns sharing!



Round Challenges

Round 1: Think & Dance: What are ways you like to be active and move your body?
(Try to come up with at least 10 ways)

Round 2: Think & Dance: Go back and forth reading the movement trivia below and sharing your guesses! (Scroll down for the answers)

- **Q1: How much physical activity should a girl get each day?**
- **Q2: How much physical activity should an adult get each day?**
- **Q3: Each week, you should try to do physical activity that strengthens your muscles, your bones, and your _____?**
- **Q4: How much time does the average kid spend in front of a screen each day?**

Round 3: Think & Dance: Why is it important to be active?
(Try to come up with at least 10 reasons)

Round 4: Think & Dance: Go back and forth reading the World Records trivia below and sharing your guesses! (Scroll down for the answers)

- **Q1: How big was the largest Zumba class in the world?**
- **Q2: How fast was the fastest tennis serve in the world?**
- **Q3: What's the longest time someone has held a plank?**
- **Q4: What's the longest time someone has hula-hooped for?**
- **Q5: How big was the largest game of tag ever played?**

Round 5: Think & Dance: Go back and forth finishing the sentence below.
(Try to come up with at least 10 responses).

- **I love that my body can...**

Round 2 Answers: Q1- 60 minutes; Q2- 30 minutes; Q3- Heart; Q4- 7 Hours

Round 4 Answers: Q1- 12,975 people; Q2- 165mph; Q3- 8hrs, 15 min, 5 sec; Q4- 74 hours, 54 minutes; Q5- 10,908 people

Age it up for Heart & Sole:

- Let your middle schooler show or teach you a dance (or even just a move) before you get started!
- Let your middle schooler pick all the songs!

Share & Connect:

- When you think of the different ways to move your body that you shared, which one is your favorite?
- How can incorporate more of your favorite movement into your everyday life?
- In the last round, you had to share "I love that my body can.." statements. What are some ways you can show gratitude (appreciation or thanks) for your body?



Get Creative! My Movement + Gratitude Jars

Materials:

- 2 jars/cups/containers
- Markers/paint
- Paper
- Pens/pencils
- Additional arts & craft supplies – ribbon, stickers, scissors (optional)

How to do it:

- Use the materials to decorate two jars/containers. Label one jar “Movement” and one jar “Gratitude”
- Cut the paper into strips.
- Brainstorm together different ways you can stay active or move your body.
Consider this:
 - How can you transform everyday tasks into active tasks?
 - How can you make those movements add up to that 60 minutes/day?
 - How can you try out different movements that you don’t do often?
- Write each of these movement ideas on a separate slip of paper and place them in the Movement Jar.
- Brainstorm together different positive, gratitude messages about what your body can do and what you love about your body. Consider this:
 - What are you grateful that your body can do? (Think: I love that my body can...)
 - What do you love about your body?
 - What positive pump-up messages will motivate you to take care of your body and move more?
- Write each of these messages about your body on a separate strip of paper and place these strips in the Gratitude Jar.
- Make a plan to pull from both jars:
 - Commit to pulling one slip of paper from each jar each day: Do the move & say the gratitude message throughout the day!
 - Decide when you will pull from your jars each day.
 - Decide where to put your jars so that you remember to use them!

Share & Connect:

- How will you use the gratitude messages throughout the day? Do you think they will make a difference? How so?
- How can we share and celebrate how we used our jars at the end of each day?
- Besides pulling ideas from our jars, what are some other ways we can commit to being more physically active every day?



Make it Stick! Strike a Pose!

How to do it:

- Read each of the questions below.
- After each question, strike a pose to sum up or show your response.
- Take turns guessing what the pose is about and sharing its meaning.
- Repeat until all questions below are answered and poses struck!

Questions:

1. What is one thing we can do as a family to move our bodies more?
2. What part of your body are you grateful for the most? Why?
3. How do you feel when you move your body?

Keep it Going – Challenge:

- Set a goal to pull one strip from each of your jars every day this week. Celebrate the ways you moved your body and the gratitude you showed at the end of the week!
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****Note to grown-ups:**

We want all girls to be able to participate in these activities. If your child requires adaptations, do whatever you think is best to meet her specific needs. Here are possible adaptations for the Dance It Out activity should they be helpful:

- Instead of music, girls can use a clap, beat or flashlight.

If you need additional ideas for adaptations, please reach out to us.

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