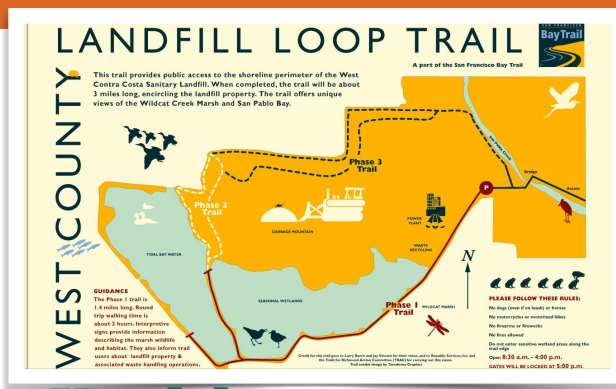


# Teach These Children

## Fivefold enrichment



## Trail to Better Health

Research shows that physical, social and emotional health and well-being are deeply connected. Regular physical activity reduces stress and anxiety making it easier to develop and maintain healthy social relationships. What is a parent to do when their child shows little to no interest in sports or other physical activities for regular exercise?

### Activity

If you have struggled to find physical activities that interest your child, don't force them. You can still help to equip them with skills to maintain their physical health by fostering activities that he or she can engage in no matter where they are in life. Walking trails are a great year-round family activity. With a simple internet search, pull up walking trails right in your neighborhood. Your child's interest may lie in your presentation. Rather than asking if they want to go on a hike, you can say something like, "I found all these cool trails that I didn't know about... and they are right in our area! Let's go check one out!" The key here is in the relationship building, not the activity. While sports may have been intimidating, a walking trail with the family is non-threatening. In addition to map reading skills, your child will learn about their community, and the basics of hiking. When you teach them how to find trails, you are giving them a skill that will enable them to maintain their physical health and well being no matter where they go in life.

### TIPS

Make it fun! Allow your child to see and choose the trail. Start off easy to gain interest and increase time and intensity in a gradual manner.



**Child's belief about self...**

I am capable

**Family supports development of...**

Habits

**Focus area:**  
Physical fitness

### GOAL

Equip your child with the skills to find walking trails in their neighborhood .

2

Level