

Planning with BAM Body and Mind

In this activity, you will be exploring the Center for Disease and Control and Prevention's BAM Body and Mind website. This website is designed just for youth and is a great resource to share with school-age children and their families.

Refer to <http://www.cdc.gov/bam/> to complete this activity and answer the following questions:

A. Click on the Physical Activity tab on the menu and take a look at the activity cards.

1. How could you use these with school-age children?
2. Can you think of ways to incorporate these cards into your activity plans?

B. Go back to the Physical Activity tab on the menu and take a look at the Meeting the Challenge section.

1. How could you use this to help motivate school-age children to be active?
2. How could this information help children that have special learning or health needs?

C. Explore three other sections of your choosing.Section 1

Title:

Summary of information found:

How could you use this with school-age children?

Section 2

Title:

Summary of information found:

How could you use this with school-age children?

Section 3

Title:

Summary of information found:

How could you use this with school-age children?