



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

MOVEMENT REFLECTION

When you think of the word “exercise,” what feelings come up for you? What thoughts? Do they have a positive feeling or a negative association?

What about the word “movement?” Does that conjure similar thoughts and feelings, or different?

How would you like your children to view movement?

What motivates you to move your body or engage in physical activity?



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Circle any of the following activities that sound like they might be fun for you. Identify any barriers to actually doing them. Write down ways to overcome those barriers (ask a friend to help brainstorm).

| Activity | Barrier(s) | Breaking barriers |
|----------------------------------|------------|-------------------|
| Use a bike or treadmill at a gym | | |
| Take a class in a gym or studio | | |
| Lift weights at a gym | | |
| Stretch at home | | |
| Work out with a video at home | | |
| Dance party at home | | |
| Go dancing with friends | | |
| Play a sport on your own | | |
| Play a sport with someone else | | |
| Join a recreational sports team | | |
| Go for a run or bike ride, etc. | | |
| Take a walk | | |
| Other: | | |

Set a goal:

In the next _____ (week/month), I will _____ for _____ minutes, _____ times.

In order to be successful, I have to do the following to overcome barriers:

If you are successful, set a new, slightly more challenging goal. If you are not successful, reflect on what got in the way, and set a modified goal.