

It is important for kids to be active

Do you think it is important for kids to be active? I think that it is very important, so I would like to help kids be active. There are a lot of great things you can get out of being active. I would like to do things that could help kids be active. I think that when adults help, it can happen a lot faster and make kids feel good about themselves.

Being active helps you be happy and healthy. It keeps me happy. For example, when I am mad, angry, or sad I go outside and relax in the fresh air or play a sport with my friends or family. When I run outside it helps me release my bad feelings and let good ones come in. When I am active outside it helps me be more confident and happy. Being active helps me stay healthy. When I am active during the day then at nighttime I will be tired. When I am tired I sleep well at night, and then the next day I feel energetic. Being active also helps your muscles grow and it clears out your brain.

I support kids being active by trying to have my friends join sports and activities. For example, last year I told my friends that I was trying out for the Jr. Raiders' basketball team and most of my friends joined. It made me feel happy that I had helped some of my friends be more active. Another example is when I am bored I will invite one of my friends to come ride their bike with me around the Village.

Adults can help by making opportunities and by being active with you. For example, my mom started a Girls On The Run team at our school Jefferson. Now kids in grades 3-5 can all be active and have fun running. Something my dad does to help me be active is when he tells my sister and me to go play outside, he will come outside with us and play with us. Even if he isn't playing with me and my sister he is still there to talk to us and help us if we need help. I also think another way adults can help is by limiting time when kids are on electronics. When they aren't on electronics they can be outside playing and being active. This will help them feel good about themselves.

In conclusion, I would like kids to be active. I think that when kids are active in their childhood, they will probably stay that way when they are older. Then, they will keep having all the benefits. When adults are active, they will help their children be active as well. There are a lot of great things you can get out of being active. I think it is fun to be active with my friends. I think that when adults help, it can happen a lot faster and they will help kids feel good and be healthy. Helping kids be active is important.