



Movement and Mental Health in Kids



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"Mental Health" includes

_____,
_____, and

Mental Health affects how kids

_____,
_____, and

Movement Impacts Kids Mental Health By

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DOs and DON'Ts of Kids Fitness Programs

DO connect movement with positive effects by: ____

DO choose movements that _____

DON'T market your programs as

DON'T use the cue

" _____ "



Movement and Mental Health in Kids - NOTES