



# SUMMER MOVE IT JARS

Get your kids moving this summer and bust any boredom with a Summer Move It Jar. It's a simple and fun way to get kids excited about physical exercise and taking advantage of the warm summer months.

## INSTRUCTIONS:

1. Write down physical activities or exercises on large craft sticks with a marker. Need some fun ideas? Here's a few: Flag Football, Kickball, Trampoline, Walk Your Dog, Bike Ride, Jump Rope, Basketball, Hula Hoop, Sit Ups and Swimming.
2. Add the sticks to a mason jar.
3. Have your kid(s) make a label for the jar.
4. Incentivize your kid(s) to stay active using a mini bead jar. For every 10 minutes of activity or exercise, add a bead to a mini jar or cup. Every time the jar is filled, let your kid(s) pick a fun family activity you can do together to celebrate.

## SUPPLIES:

- MASON JAR
- LARGE CRAFT STICKS
- MINI JAR OR CUP
- MARKER
- BEADS

