



Dear Family,

In my class today, we used bean bags to learn about balance.

Did You Know?

- Movement can help children be active learners. The brain controls the body. The brain works harder when we exercise. It keeps all body parts aware of what the body is doing. The brain helps the whole body to learn during exercise. The brain needs to think and control body movements. The body works hard to stay in balance. Our eyes, ears, and spatial awareness work together. They help us keep our balance. A person can feel dizzy or lightheaded if they get off balance.

Ask Your Child:

- Describe what you did with bean bags.
- Explain why exercise is important.
- Tell me what parts of your body you used to stay on the tape.

Activities To Do With Your Child:

- Exercising with the family is a great way to improve everyone's health, mood, and learning potential. Take a walk together, play ball, or ride bikes. You can also get physically active with indoor activities, such as dancing or playing Simon Says.

Vocabulary To Use With Your Child:

- **bean bag** – a small cloth bag with dried beans or pellets sealed inside, used as a plaything.
- **balance** – the state of the body being steady.
- **spatial** – relating to space.
- **movement** – a motion or way of moving.
- **active** – always doing something; busy; full of energy.
- **relationship** – a connection of some kind.