

Physical Activity and Social Emotional Learning:



What's the connection?

Reduces Stress



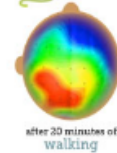
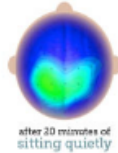
Exercising has immediate benefits on stress, anxiety and depression and can teach children that being active is a better way to cope than other, less healthy, methods.

Academic Performance

active kids learn better

BRAIN SCANS OF STUDENTS TAKING A TEST:

Red areas are very active, blue areas are least active.



Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Physical activity increases the brains activity! In fact, active children are 20% more likely to get an A in science and math classes!

Social Interaction



Physical activity in the classroom promotes making new friends via the experience of participating in activity breaks together.

Self-Esteem



Completing exercise increases students self-confidence! They may be more likely to connect with others through participating in exercise outside of the classroom.

Concentration



Studies have found children who completed multiple bouts of physical activity throughout the day found it easier to switch between tasks and avoid distractions.



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