



# SPELLING GAME

At Home Edition - #MCMAtHome

## Are you ready to have fun while exercising?

### Exercise Facts:

- Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
- Being active can help you think, feel and sleep better.
- Children ages 6-17 should get at least 60 minutes of physical activity per day.
- Adults need at least 150 minutes per week of physical activity – that's 30 minutes a day for 5 days.
- Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer's.

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## Help your child figure out how to spell words with their body.

### The MCM Challenge:

- You can work together, or your child can work on their own (with your help) to figure out how to create each letter one at a time.
- This is an excellent way to practice spelling words!
- Take photos as you go so that they can see how they are doing.
- You can print out the photos so they can rearrange and make new words.

### Want more?

Check out our **Balancing Game** activity sheet for another great active activity to do at home! Be sure to take pictures or videos and tag #MCMAtHome