# **Lockdown making your children restless? Work out with them**

**Source: Shannon Tellis, The Economic Times Bureau**

Many [**children**](https://m.economictimes.com/topic/children) are feeling restless cooped up indoors during the lockdown, and parents are struggling to keep them engaged, safe and healthy. There is a simple option to mitigate this problem — [**exercise**](https://m.economictimes.com/topic/exercise). Children have been denied their normal routine of sports and outdoor activities. They have a lot of pent up energy that needs a release.

Since stay-at-home orders mean children are getting less fresh air and sunlight than usual, creating an exercise routine not only takes care of physical fitness, it is also proven to contribute positively to mental wellness.

**Bust a move:**

But getting children to exercise is easier said than done. It is recommended letting children choose age-appropriate activities that are also high on the enjoyment front.

“Very young kids would be happy with running in a park, jumping or doing simple exercises. Slightly older kids may be interested in actual sports or dance workouts. If your child is a teenager, cardio, dance or strength training workouts [which are available online] would be a great option. If nothing works, just slip on some peppy music and dance together. It doesn’t matter if you do not know how to dance or look funny.”

**Lead by Example:**

As per WHO guidelines, children need at least 60 minutes of moderate to high-intensity exercise per day, and therefore, a fixed workout schedule 2-3 times a day in short intervals is recommended. It is believed that when parents make time to work out with their children, it seems like a fun activity rather than a forced chore. Innovative board games like creating your own ‘dice’ workout, along with easy to do challenges, keeps the entire family involved and is a great alternative [to routine exercise].

**Listen to your child:**

It is important for parents to listen to what children have to say about how they are feeling on a given day or about a particular exercise. There may be days when children don’t want to work out and that’s okay. Communicate with them to understand how one should proceed.”