

MCTF FOR KIDS



SOCIAL FITNESS

Forming healthy positive relationships with children in the community and at school helps to support your child's social fitness. It is important for children to have purposeful time spent playing with and learning from their peers. Play is an integral part of learning and development for children, no matter their age.



SPIRITUAL FITNESS

Many children take pride in doing the right thing, even when no one is asking. Children have a unique ability to see the world in a light that is kind, full of hope and care, and in a way that many adults lose sight of. Encourage and promote your child's ideas of kindness, support them giving back to their communities, and allow them to do great things for the world from their point of view.



MENTAL FITNESS

Engaging in behaviors and activities that build their resilience and further their skill sets help build a child's mental fitness. Reading and learning new things, engaging in tasks that build perseverance, or skill building tasks such as a challenging project that promotes critical thinking and problem solving skills are all examples of mental fitness.



PHYSICAL FITNESS

Establishing well rounded physical fitness values within the family starts with the parents. Establish healthy family fitness time, take walks together, encourage children who are interested to try out a new sport, or to take on a new physical challenge, such as riding a bike, or even climbing that rock wall! Encourage children to safely participate in the kitchen to choose and help make family meals.

