

TIPS TO MOTIVATE YOUR CHILD TO PRACTICE RUNNING



Take them on walks in the parks and jogging sessions



Tell your child that it is fine if they get a little muddy when running



Strategize a short running schedule initially, and increase the time eventually



Make them play games such as seven tiles and cone flipping race for fun



Organize simple relay and running races and play dates with the friends



Encourage your child to participate in running races organized by the school