






Why This Matters

Moving your body helps with focus, mood, and energy – all things you need to succeed in school!

Tips to Be Proud and Strong

-  Go for a walk, run, aerobics, gym, or bike ride
-  Join a sports team or play in the yard
-  Try stretching or simple body exercises
-  Use short breaks to move between study sessions
-  Exercise helps you learn better at school.

Islamic Reminder

The Prophet ﷺ encouraged physical strength, archery, running, and swimming.

Move your body – it's a gift from Allah