DAILY Warm-Up 13

Name _____ Date _____

EXTRACURRICULAR ACTIVITIES

Can children be involved in too many activities? Some people believe they are. Some experts say that kids are overworked and overstimulated. They feel that students do not have enough time to be kids.

One of the reasons for this is because there are so many choices available. Children can be involved in activities any hour of the day and any day of the year.

How should parents decide how many activities are the right amount? Experts say that parents should set aside time for homework, time to eat dinner as a family, and time for kids to be kids. This means that kids are allowed free time. If these three criteria are met, then extra activities outside of this are considered okay.

Parents should listen closely to their children as well. Children give signals to their parents all the time about how they are doing. Children who are tired all of the time or are struggling with school may need to have their schedules examined and rearranged.

Children may not state their feelings, but they will send messages to parents letting them know how they are feeling about their life. It takes a strong parent to step back and reevaluate how children spend their time.

STORY QUESTIONS

1. What are the criteria suggested by experts for balancing extracurricular activities?
   a. Kids are allowed free time and money.
   b. There is time for homework, dinner as a family, and free time.
   c. There is time for one extra curricular activity.
   d. The family needs to organize a calendar to keep track of all the activities
2. What type of parents do experts say are the ones who are able to keep their child's life balanced?
   a. dedicated
   b. ambitious
   c. organized
   d. strong
3. Which of the following is <u>not</u> an example of a signal that a child uses to show he or she is "overbooked"?
   a. The child acts tired all the time.
   b. The child feels excited about participating in an activity.
   c. The child feels like they don't have time to eat as a family.
   d. The child is not doing well in school.

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LIVEWORKSHEETS