



Dear THSC Friend,

Maybe it's a due to little bit of Spring Fever, but we have gotten a lot of questions about homeschooling especially active kids lately!

Having an active child isn't necessarily a bad thing...

However, as parents, we know that it can seem especially challenging to teach long division to a kid skipping circles around the kitchen, for instance.

With that said, here are some hacks to help the day go more smoothly!



Movement Matters!

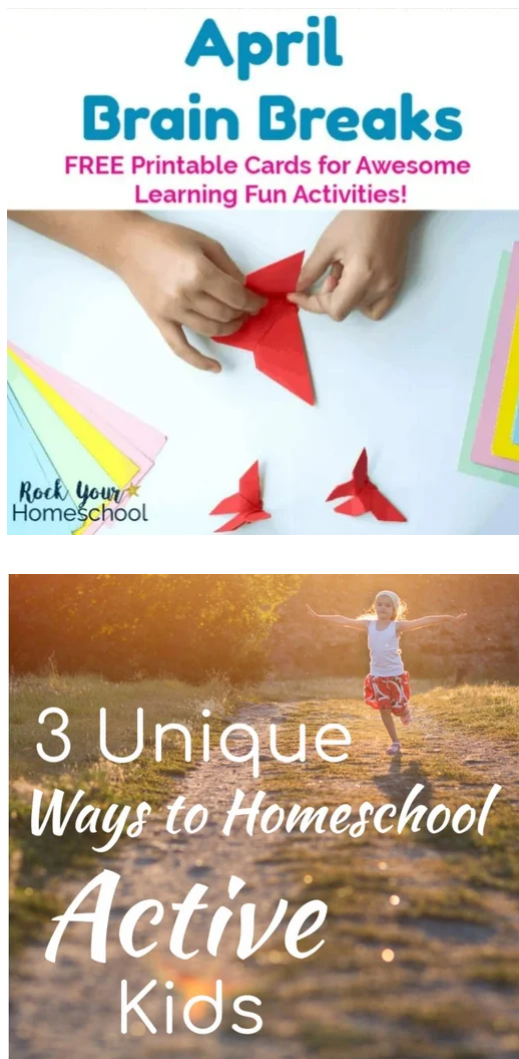
According to [Heather Haupt](#), movement is key to learning!

We have been accustomed to thinking that sitting still equals more learning, but scientifically speaking, that is not the case! [Read more about why movement matters.](#)

April Brain Breaks

Sometimes we need to mix it up a bit and get up, and have some fun!

These [April-themed Brain Breaks](#) from [Rock Your Homeschool](#) will help you boost learning while being active at the same time.





Active Learning Ideas

"Did you know that an active child who has jumped, danced, sung, or thrown something during a lesson will likely remember that lesson better than if the lesson was strictly read or discussed?" ([source](#))

[Here is how](#) to incorporate movement into language arts (swinging while memorizing poetry), math (sidewalk chalk), and more.

 **Hint: super-active typed kids tend to be kinesthetic in the way they learn.**

 Try learning about teaching kinesthetic learners and aim [your curriculum choices](#) in that hands-on direction.

 Lastly, [here is a podcast recording](#) of the full session from our last year's THSC convention. [Heather Haupt talks about how to engage active kids!](#)

I hope these ideas help you create an environment of joy in your home and in your homeschool overall.

Thank you for reading,

Jessica Lovett



Jessica Lovett
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P.S. Is there anything you'd like to see in upcoming *Home Educator Express* newsletters? Any homeschooling questions you'd like answered? Feel free to reply and let me know!



Meet THSC Lifetime members, Anthony & Nicole!

Part of their [homeschooling story](#) is moving from California to Texas to gain more freedom - plus also moving from working full-time to one parent deciding to homeschool full-time.

Homeschooling has brought them closer as a family and closer to God - and the convention has played a hand in that!

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