

MINDS IN MOTION



A BRANCH OF **ACTIVE YOUTH WISCONSIN** >>>



PROGRAM INFO

Minds in Motion is a six week/twelve lesson run training program for kids K-8. This program is designed to prepare kids both physically and mentally for a 5K fun run with the goal that they will carry these skills forward and continue to challenge themselves physically and mentally in the future.

THE THREE PILLARS



COMMUNITY

The program creates a supportive environment where kids encourage each other, build connections, and emphasizes personal growth.



FITNESS

A progressive training schedule, designed specifically for children, prepares participants for a 5K fun run.



PERSEVERANCE

Kids learn to set challenging but achievable goals and learn strategies that focus on progress and consistent effort building resilience.

TRAINING

Coaches are provided with a detailed training curriculum that combines movement and mindfulness. The program is designed so that coaches have little or no prep work. Students receive a journal that guides them through the program as they gain fitness, confidence, self-awareness and learn to take on challenges.

THE DETAILS

Program start date: week of 10/6

Capstone race: 11/20/25

Practice details: two 60-75 minute practices per week for 6 weeks. Schools may choose days/times of practices.

Active Youth Wisconsin staff will:

- Set online registration
- Provide curriculum, marketing materials and supplies
- Organize and produce the final 5K
- Provide financial aid to any child

BENEFITS

Coaches will receive a stipend of \$400, coach's hat and free entry to the Birdie Derby. In addition, 10% of the team's registration fees will be donated to the school's physical education program.

