



The Kidfit Bootkidz Program

The Bootkidz Program Theories LOW ANXIETY LEARNING, TEAMWORK and PARENT DEMONSTRATIONS for LONG-TERM HEALTH
What is the Kidfit Bootkidz program trying to achieve?

- . The Kidfit Bootkidz Program is committed to providing activities and strategies that are able to demonstrate the effectiveness of:
- 1 LOW ANXIETY environments when showing learners new tasks. Learners can be adults and children.
- 2. TEAM WORK activities and MATESHIP in increasing the likelihood of continuing with these activities
- 3. PARENT AND ROLE MODEL DEMONSTRATIONS to assist with children's engagement in learning tasks

