

Between Families Articles

September 2025:

The Benefits of Extracurricular Activities for Your Foster/Adoptive Child

Article Link: <https://www.fosteringconnectionsfl.org/post/the-benefits-of-extracurricular-activities-for-your-foster-adoptive-child-how-to-encourage-them-to>

Source: Fostering Connections

Quiz (for 0.5 hrs of training credit), highlighted responses are correct responses:

T/F

Extracurricular activities provide opportunities for personal growth, skill development, and social interaction.

T/F

According to the article, participating in group activities is not recommended for children in foster care, because they could struggle making new friends.

T/F

Many studies show a correlation between extracurricular involvement and improved academic performance.

T/F

Your attitude towards extracurricular activities can influence your child's willingness to participate.

T/F

Fill In the Blank

Extracurricular activities provide a platform for children to meet peers with _____ interests.
similar

_____ activities like sports help in reducing stress and improving mood.
Physical

Remind your child that extracurricular activities are meant to be _____ and a break from their regular academic routine.
enjoyable

Multiple Choice

Children in foster care are encouraged to participate in:

Sports

Music

Art

Clubs

All of the above

Art and music can be _____ and help children express their emotions constructively.

Distracting

Therapeutic

Triggering

Challenging

If your child is hesitant to get involved with extracurricular activities,

Push them to join something, whether they want to or not.

Do not pursue encouraging them anymore, since they may resist more.

Lecture them on the importance of relationship-building.

Try starting with a low-commitment activity or a short-term program.

ANSWER KEY

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