

# Get Active

Be Healthy Afterschool Toolkit



Quaker Chewy has teamed up with the Afterschool Alliance to bring you tons of new ways to help kids stay engaged, learn more, and Get Active after school. Afterschool programs offer unique opportunities to explore topics and activities beyond the classroom. That's the great thing about afterschool - once the final bell rings, you don't have to stay inside the lines...

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# Tips For Afterschool Staff & Leaders

Afterschool programs are some of the best places for experiential learning. Physical activity and nutrition shouldn't just be learned behind a desk. Through fun, engaging, hands-on activities, kids won't realize they're learning several lessons at once! You might introduce concepts from nutrition, biology, and environmentalism just by planting seeds, or provide kids with an empowering experience about teamwork and accountability through relay races. When kids get the chance to try new things and go new places, they learn on multiple dimensions all while developing healthy habits for life.



# Model Healthy Behaviors

Children look up to adults and older youth for guidance. Modeling healthy behavior encourages children to start making healthy choices on their own.

- **Get in the action** – get up and join in physical activities at your program.
- **Eat well** - join children in eating healthy and nutritious foods and beverages during program hours.
- **Practice what you preach** – otherwise, you risk undermining the lessons we want young people to adopt.
- **Engage with local health and wellness professionals** – invite local high school, college or professional athletes, dietitians, doctors, nurses, dentists, personal trainers and chefs to speak at your program, and ask them to share their passion for healthy living.

## Hands-On Projects: Cooking

Cooking is an excellent way to get kids thinking about what they eat and how to prepare healthier meals.

### How to incorporate cooking into your program:

- In need of ingredients? Ask a local farm or grocery store for donations of food.
- Don't have a full kitchen? Don't let that stop you. Check out the countless no-bake recipes out there that don't require an oven or stovetop.

### Activities to enhance student engagement in healthy cooking:

- Feature a “food of the week” for children to learn about and cook with.
- Bring students to their school cafeteria or local supermarket to show them which food choices are the most nutritious
- Teach children about different cultures by displaying and cooking foods from around the world.







# Hands-On Projects: Gardening



Gardening is a great way to learn about good eating habits while getting some outdoor time.

- Take over a neglected or underused plot at your site or school (talk to the principal first!) to create your own garden.
- Ask a local hardware store to donate tools, seeds, or other supplies.
- Bring in a local gardening expert to teach children about gardening tools and how to use them properly.
- Contact your city or town about free compost to feed your garden.

No space to garden outside of the classroom? Explore these other options:

- Grow potted herbs and small vegetables on your classroom windowsill and teach children about the importance of proper sunlight exposure and how it makes plants grow.
- Contact a local community garden about getting a plot for students to grow vegetables, help out at the garden, or speak with garden organizers.
- See our resource page for links to websites with more details starting garden projects.





# Hands-On Projects: Arts & Music



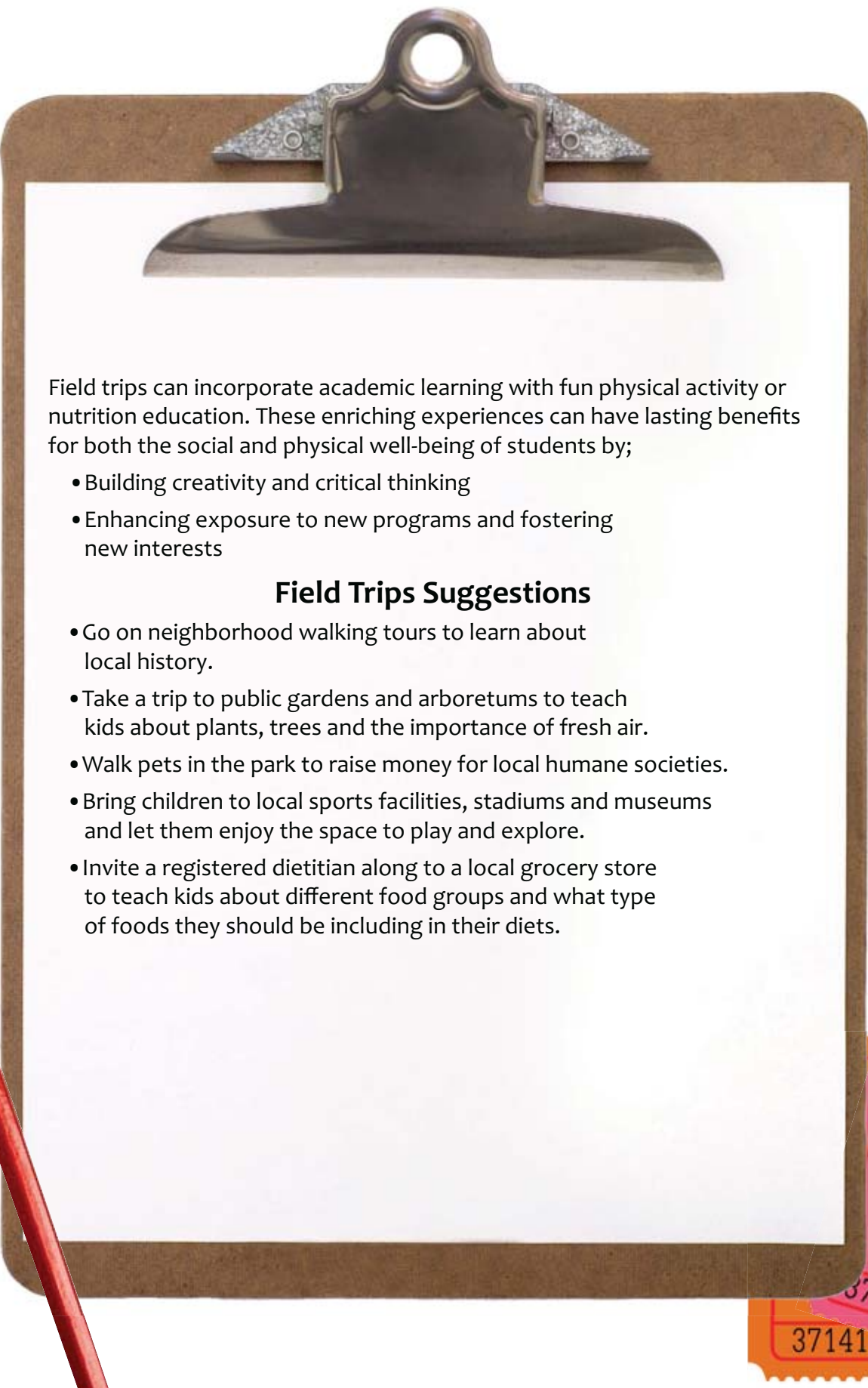
**Art and music are great ways to get kids moving. Use some of these tips to get kids out of their seats and into a creative state of mind:**

- Bring in local musicians from various backgrounds to introduce new types of music.
- Allow children to perform skits, play music, or show off their dance moves in front of their peers.
- Introduce students to music from around the world by bringing in donated instruments and let them play.
- Bring children to local concerts, sculpture exhibits and dance performances to spark interest in the arts.
- Teach kids upbeat dances such as salsa or break dancing to get their hearts pumping.





# Activities and Field Trips



Field trips can incorporate academic learning with fun physical activity or nutrition education. These enriching experiences can have lasting benefits for both the social and physical well-being of students by;

- Building creativity and critical thinking
- Enhancing exposure to new programs and fostering new interests

## Field Trips Suggestions

- Go on neighborhood walking tours to learn about local history.
- Take a trip to public gardens and arboretums to teach kids about plants, trees and the importance of fresh air.
- Walk pets in the park to raise money for local humane societies.
- Bring children to local sports facilities, stadiums and museums and let them enjoy the space to play and explore.
- Invite a registered dietitian along to a local grocery store to teach kids about different food groups and what type of foods they should be including in their diets.

# Physical Fitness Relay Activities

The combination of healthy snacking and physical activity is important for growing kids. Health experts recommend a daily dose of one hour of moderate exercise for kids. To keep kids fit and help them reach the recommended 60 minutes of daily exercise, try the below activities.

## Activity Objectives

- Increase team building and leadership skills
- Improve locomotive skills
- Improve cardiovascular endurance
- Provide mental stimulation

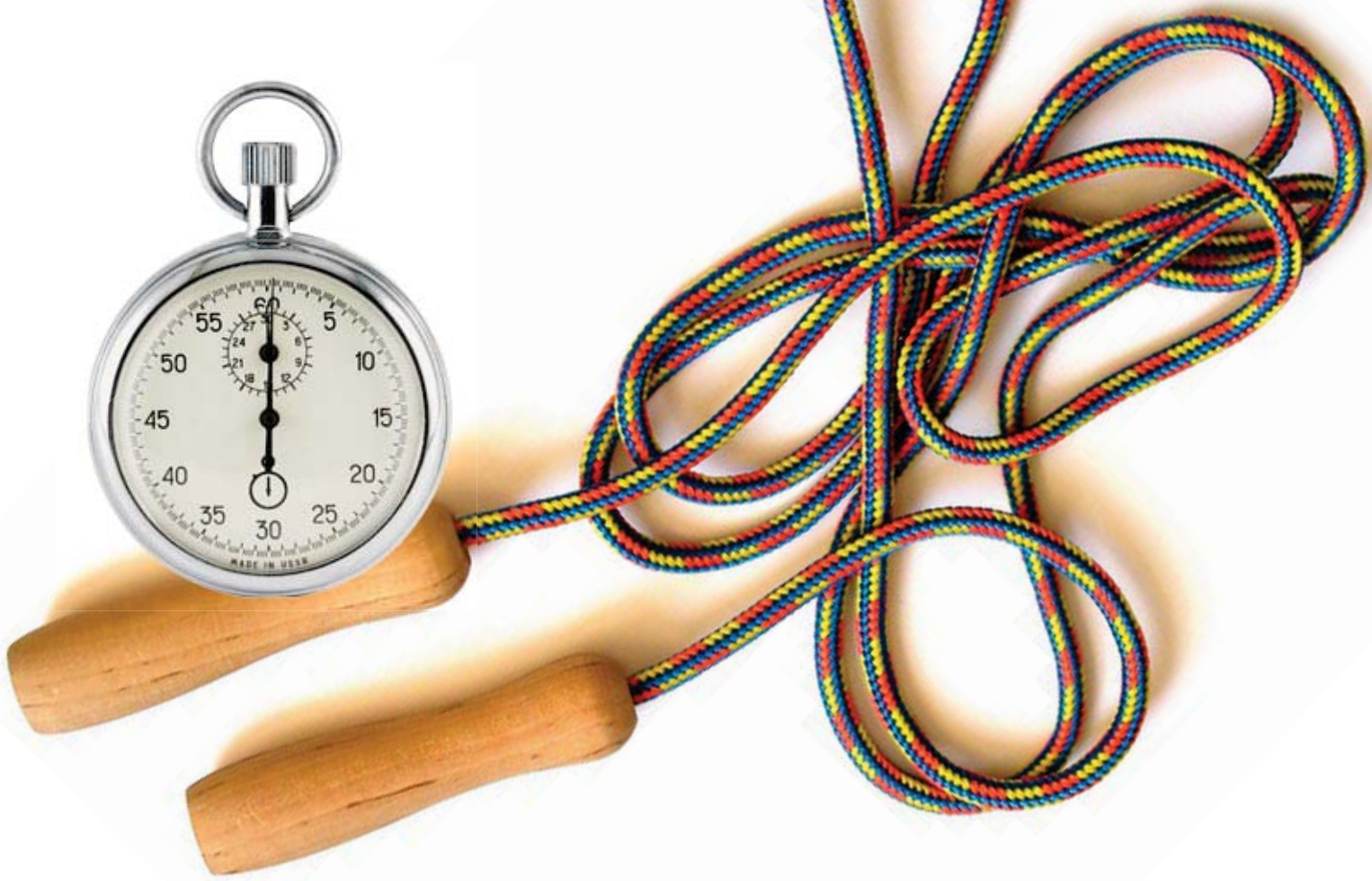
## Spelling Relay Game

A spelling relay game can exercise both a child's body and mind.

A group is split into teams of 6 or 7 kids and lined up on one side of a gym or open space. At the opposite side are letters on 8-by-10 pieces of paper. At the signal, teams are given a word to spell. Each team member in turn must run to the other side of the space and pick a letter, then run back to the rest of the team with his letter. Once the team has collected all the right letters, they must put them in order to spell the word. The first team to spell the word correctly wins.







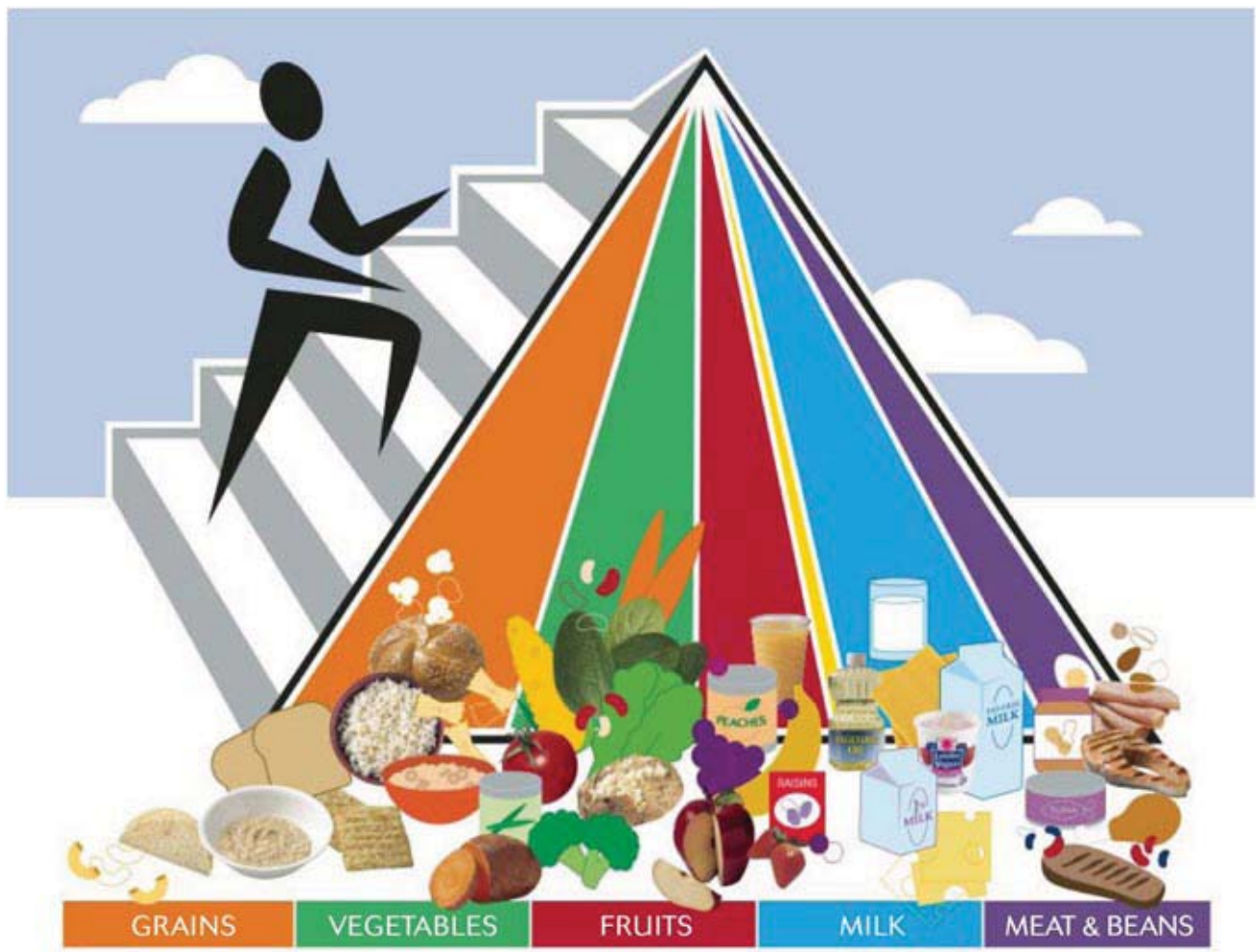
# Jumping Rope Relay

## Activity Needs:

- One Jump Rope for each team
- Access to a clock or stopwatch
- 4 to 6 kids per team (equal team members)
- a minimum of two teams

## How to Play

Hand a jump rope to the first member of each team. When the relay begins, that student has 60 seconds to jump rope as many times as possible. Teammates holler the number of each jump. Each student jumps for 60 seconds or until he or she misses a jump. If the student misses a jump, the team stops counting and waits out the balance of the 60 seconds. At the end of 60 seconds the teacher calls out: "Time's up, go!" Then the first student in line hands off the jump rope to the second student -- and the activity continues. When all six team members have jumped, add up the total number of jumps the team completed. The winning team is the team with the most total jumps. This game benefits from speed as long as the speed is paired with accuracy. Speed does not pay off if it results in a mistake.



## Activity: Keeping track of what we eat

- Why is healthy snacking important? Help your child understand the role that healthy snacking can play in a balanced diet, particularly making good choices if they snack during the hours between 3:00 p.m. and 6:00 p.m., just before dinner.
- Give each student a stack of sticky notes and have them choose five different foods from the samples provided. Have students write each food on a colored sticky note and place the notes on the larger food pyramid. Discuss the importance of a well-balanced diet.
- Discuss serving sizes. Have students measure out serving sizes and understand how these correlate with recommended daily servings of each food group.
- Have students partner up and ask them to get creative by mixing and matching serving sizes to create a well-balanced meal. Count how many servings of each food group were featured in their meals. Discuss with students the recommended amounts and how their creations meet or could meet daily requirements by mixing and matching different servings or food groups. Provide additional ideas of foods they can eat to reach the recommended daily amounts.\



# Monthly Activities

## January

### National Oatmeal Month

January is National Oatmeal Month and encourages friends to spend mornings together by eating a wholesome, nutritious breakfast together. There are various activities classrooms can do to make breakfast extra special, such as creating homemade placemats to eat on, paper aprons and/or fun cookie jars to put homemade oatmeal cookies in.

## February

### National Snack Food Month

February is National Snack Food Month, which means it's time to get creative in the kitchen. Encourage students to engage with one another by brainstorming wholesome nutritious snacks that taste great. Satisfy afternoon cravings by making homemade granola bars, oatmeal cookies or fruity-oat trail mixes.

## March

### National Nutrition Month

Invite your classroom to celebrate National Nutrition Month. March is National Nutrition Month and the American Dietetic Association (ADA) offers free quizzes and games. Encourage students to log on to the ADA's website and learn more about everyday nutrition. Mix and match lunch items with peers to create a more nutritious meal.

## April

### National Garden Month

Help the earth and make your garden look beautiful. April is National Garden Month - celebrate by decorating flower pots and creating artificial flowers out of craft supplies to hang around the classroom. Encourage students to take a closer look at what's growing in the school's backyard. Try to guess the name of each flower and mix and match a few to make a beautiful bouquet.

## May

### Prepare for Summer

Celebrate the end of school and start of summer by preparing a list of goals and accomplishments for the summer. Do you want to try a new sport or learn how to cook? Encourage students to share their goals with the rest of the class to help others get ideas for what to do over summer break.

## June

### Engage in a New Hobby

Everyone can find something new and exciting to do with their free time and what better way to do so than with a new hobby? Try flying model airplanes or kites. Bring classrooms together and canoe on a local river or canal. Start a summer softball or volleyball league. Encourage your class to take advantage of the summer weather and engage in a new and exciting hobby outdoors.



## July

### **National Picnic Month**

Encourage students to get outside and spend time with friends by making a special time for a daytime picnic. Include active picnic fare and games to have a fun-filled day under the sun.

## August

### **Cheer on Your Favorite Sports Team**

It's time to bring out the foam fingers and jerseys. Football season is just around the corner; prepare to cheer on your favorite high school teams and players. Bring classrooms together and create new cheers to chant during your favorite team's games.

## September

### **Better Breakfast Month**

School is back in session so encourage students to have a wholesome nutritious breakfast to help keep their minds attentive and tummies filled until lunchtime. Encourage your class to have a sit-down breakfast full of fruits and whole grains and enjoy one another's company before the day begins.

## October

### **Have a Healthy Halloween**

Encourage students to go outside of the box this holiday by creating homemade costumes and brainstorming healthy Halloween treats. Introduce a healthy Halloween treat day in which students can bring in healthy alternatives to candy bars and chips. Have students share their nutritious treats with their peers.

## November

### **Mix up the Holidays**

Instead of baking the same boring brownies or tossing together the typical casserole, encourage students to mix things up this holiday season and introduce a new dish to friends and family. Think of a dish that other countries or cultures serve during the holidays and recreate it. You never know, you may be creating a new holiday favorite.

## December

### **Participate in Holiday Activities**

Encourage students to get outside this holiday season and enjoy cold weather activities such as skiing and ice skating. Gather in a circle and take turns reading a new book while enjoying oatmeal cookies to warm up after a fun day outside. Have students take turns suggesting fun holiday activities for the whole class to participate in.

# Promote Healthy Habits At Home

While teachers and program leaders have the opportunity to model healthy habits, parents and caregivers serve as primary role models for kids at home. It is vital that children see these same healthy behaviors from their parents. That's why it's important to bridge the gap and encourage parents to adopt the same healthy habits at home. Here are some ways to help parents get involved.

## Provide parents with resources

- Educational handouts used in your activities and discussions present an easy opportunity to further discuss topics with children at home.
- Projects on nutrition and physical activity can be used by parents to incorporate healthy living into family life.
- A refrigerator magnet with nutrition tips can help to act as a reminder when opening the fridge.

## Share your knowledge

- Make the time during parent interaction to emphasize the focus you have been placing on the importance of forming healthy habits.
- Have students bring in an article from home on healthy eating or activity to discuss with the group.

## Send recipes home

If snack time was well received by the children, parents are likely to try it at home too.

- Serve nutritious snacks during the afterschool program.
- Suggest key food groups like fruits, vegetables, whole grains and low-fat dairy.

# Get Active Web Resources

Use these directories, guides and links to lesson plans to help you promote healthy lifestyles and physical fitness in your afterschool program. Click on blue underlined text below to access websites.

## Directories

### [The Education and Training Materials Database](http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php)

([http://healthymeals.nal.usda.gov/schoolmeals/Resource\\_Cafe/Resource\\_Search.php](http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php)) is a searchable listing of educational materials for staff running child nutrition programs. The Afterschool Snack and Cooking with Kids categories are especially helpful. (USDA)

[Fit Source: A Web Directory for Providers](http://nccic.acf.hhs.gov/fitsource/) (<http://nccic.acf.hhs.gov/fitsource/>) is a clearinghouse of physical activity and nutrition resources created for afterschool and child care providers. Searchable by activity or age group, it provides lesson plans, healthy recipes, downloadable tools, and more. (U.S. Dept. of Health and Human Services)

[Federal Nutrition Education Resources](http://www.mypyramid.gov/downloads/USDA-DHHS-ComprehensiveListing-FederalNutritionEducationResources2005-to-Feb2010.pdf) (<http://www.mypyramid.gov/downloads/USDA-DHHS-ComprehensiveListing-FederalNutritionEducationResources2005-to-Feb2010.pdf>) is a listing of resources created by federal agencies related to healthy eating and physical activity. Categorized by age group and activity type. (USDA)

## Finding Funding for Healthy Afterschool Snacks

The National School Lunch Program (NSLP) - Best for afterschool programs that are school-sponsored and have a food service department:

[Snacks](http://www.frac.org/afterschool/snacks_nslp.html) ([http://www.frac.org/afterschool/snacks\\_nslp.html](http://www.frac.org/afterschool/snacks_nslp.html))

[Lunch](http://www.fns.usda.gov/cnd/Lunch) (<http://www.fns.usda.gov/cnd/Lunch>)

The Child and Adult Care Food Program (CACFP) - Best for afterschool programs run by nonprofit organizations and agencies and for school-sponsored afterschool programs that want to serve meals and snacks:

[Afterschool Snacks](http://www.frac.org/afterschool/snacks_cacfp.html) ([http://www.frac.org/afterschool/snacks\\_cacfp.html](http://www.frac.org/afterschool/snacks_cacfp.html))

[Child and Adult Care Food Program](http://www.fns.usda.gov/cnd/Care) (<http://www.fns.usda.gov/cnd/Care>)



## Guides, Activities & Lesson Plans

[Step-by-Step](http://www.ccscenter.org/afterschool/Step-By-Step%20Guide) (<http://www.ccscenter.org/afterschool/Step-By-Step%20Guide>) Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs. (Center for Collaborative Solutions)

[Empowering Youth with Nutrition & Physical Activity](http://teamnutrition.usda.gov/Resources/empoweringyouth.html) (<http://teamnutrition.usda.gov/Resources/empoweringyouth.html>) is for use in afterschool programs serving 11-18 year olds. Contains leader tips, hands-on activities, resources to help youth develop a community project, worksheets, handouts, and discussion prompters. (USDA)

[The Power of Choice](http://teamnutrition.usda.gov/Resources/power_of_choice.html) ([http://teamnutrition.usda.gov/Resources/power\\_of\\_choice.html](http://teamnutrition.usda.gov/Resources/power_of_choice.html)) is intended for afterschool programs serving young adolescents. It's full of quick, simple things to do with kids, with limited planning needed. Kit includes a CD with 10 interactive sessions, Leader's Guide with recipe booklet, parent letter and Nutrition Facts cards. (USDA)

[MyPyramid For Kids Lesson Plans](http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html) (<http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html>) help children in grades 1-6 learn the MyPyramid food guidance system. (USDA)

[The Alliance for a Healthier Generation](http://www.healthiergeneration.org) (<http://www.healthiergeneration.org>) provides resources, tips, and tools on promoting

## Guides, Activities & Lesson Plans

[Healthy Nutrition in Afterschool Settings](http://nccic.acf.hhs.gov/afterschool/fitness_nutrition.pdf) ([http://nccic.acf.hhs.gov/afterschool/fitness\\_nutrition.pdf](http://nccic.acf.hhs.gov/afterschool/fitness_nutrition.pdf)) provides data on the growing obesity epidemic, ideas on activities for how to fund healthy food and fitness components of afterschool programs. (U.S. Dept. of Health and Human Services)

[Promoting Healthy Activities Together \(P.H.A.T.\)](http://www.canfit.org/phat) (<http://www.canfit.org/phat>) is a multi-media package to help programs use hip-hop to keep youth active and to educate them about the importance of healthy eating and physical activity. Targets youth age 10 to 14. (California Adolescent Nutrition and Physical Activity - CANFit)

[The San Diego County Office of Education Afterschool](http://www.afterschoolpa.com/home.html) (<http://www.afterschoolpa.com/home.html>) provides a host of activity ideas that work for limited space and equipment.

[ReCharge!](http://www.actionforhealthykids.org) (<http://www.actionforhealthykids.org>) is an afterschool program for children grades 2-6 on good nutrition and physical activity habits, with lessons on balancing calorie intake and expenditure, teamwork and goal-setting. (Action for Healthy Kids, NFL)

## Gardening Activities: Tips, Lesson Plans, Activity Guides

### [USDA](#)

([http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=526&level3\\_id=0&level4\\_id=0&level5\\_id=0&topic\\_id=2112&placement\\_default=0](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=526&level3_id=0&level4_id=0&level5_id=0&topic_id=2112&placement_default=0))

### [Michigan's Department of Agriculture](#)

([http://www.michigan.gov/mda/0,1607,7-125-2961\\_2971-67123-,00.html](http://www.michigan.gov/mda/0,1607,7-125-2961_2971-67123-,00.html))

### [Life Lab Science Program](#)

(<http://www.lifelab.org/schoolgardens.php>)

### [University of California Botanical Garden/ Lawrence Hall of Science "Math in the Garden"](#)

(<http://botanicalgarden.berkeley.edu/education/eduMIG.shtml>)

### [National Gardening](#)

(<http://www.kidsgardening.org>)

## Cooking with Kids: Tips, Recipes and Lesson Plans

### [USDA](#)

(<http://healthymeals.nal.usda.gov>)

### [Kansas State University](#)

(<http://www.kidsacookin.ksu.edu>)

### [California Department of Education](#)

(<http://www.cde.ca.gov/Ls/nu/he/cookwithkids.asp>)