



HEALTH AND WELLNESS POWERED
SCHOOLS AND AFTER SCHOOLS

MOVE MORE EVERY DAY CAMPAIGN



DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership, we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (April-June) our focus is the topic: integrating physical activity into daily life. The toolkit will focus on how to incorporate physical activity breaks in the classroom and encourage safe transportation to schools, such as safe walking routes and biking to school.

Explore this toolkit to make physical activity more accessible. Integrating physical activity into daily life is important to adapt healthier habits. Physical activity can help children improve their mood by releasing endorphins. It can also help them feel more confident, have better self-esteem, and sleep better.

Best,

Nutrition Education Team
Community FoodBank of New Jersey





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PHYSICAL ACTIVITY INTO DAILY LIFE & GUIDELINES FOR CHILDREN



GUIDELINES AND TIPS

- Ages 3-5: Be active throughout the day
- Ages 6-17: At least 60 minutes of daily physical activity
- Variety - Aerobic & muscle and bone-strengthening exercises
- Encourage children to use the playground before and after school
- Implement school-wide fitness challenges

CLASSROOM ENGAGEMENT

- Include short activity breaks during lessons
- Use team-building exercises involving physical activity
- Integrate movement into learning. Eg. Active math, Spelling relays
- Mindfulness activity
 - 5-minute deep breathing exercises
 - Yoga poses



BACK TO SCHOOL DAYS REMINDERS

- Highlight to parents the importance of daily physical activity
- Promote activity family time
- Get the families involved in National Walking Day (April 3rd)
- Implement school-wide fitness challenges



SAFETY FIRST! WALKING/ BIKE ROUTES & USE OF HELMETS

RECOMMENDATIONS FOR PARENTS

- Obey speed limits and be aware of blind spots
- Always yield and look for crossing guards
- Share the road with children riding bikes to school



BIKE SAFETY

- **Wear a helmet:** Always wear properly fitting helmet to protect your head
- **Ride in bike lanes:** Stick to bike lanes or ride on the right side of the road
- **Follow traffic rules:** Obey all traffic signals, signs, and road markings as if you were driving a car

WALKING BACK TO SCHOOL

- **Use crosswalks:** Always cross the street at designated crosswalks and wait for the walk signal or crossing guard
- **Stay on sidewalks:** Walk on sidewalks or paths, facing traffic if no sidewalk is available
- **Look both ways & avoid distractions:** Keep phones and headphones away to stay alert




GENERAL SAFETY TIPS

- Travel in groups/buddy system
- Plan the route
- Check weather before hitting the road
- Stay aware of surroundings



INTEGRATING PHYSICAL ACTIVITY INTO DAILY LIFE AT YOUR SITE

STUDENT CORNER

Achieve Gold	
35 squat jumps	
Achieve Silver	
25 squat jumps	
Achieve Bronze	
10 squat jumps	

Physical activity challenge!



How many squat jumps can you perform in 60 seconds?

STAFF

EMPOWER! Ask students to share their physical activity ideas!

MINDFUL! Be mindful of different abilities and the space to do movement safely

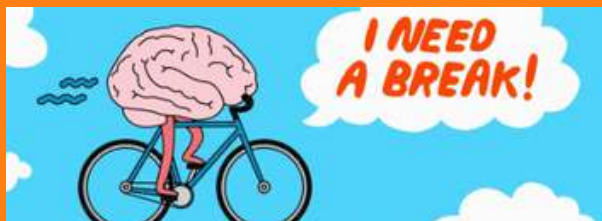
DANCE! Music and movement can help students feel more energized and less stressed.

- 5-min dance party! Create a playlist and get students to do a different movement every time you change songs.

EXERCISE IDEAS! Exercise dice/bands/yoga mats

Crazy 8's Choose four different exercises and ask students to do each eight times. (Include upper and lower body movements)

- 8 silly shakes (shake as silly as you can)
- 8 jumping jacks
- 8 high knees
- 8 punches
- 8 lunges



Use social media hashtags to motivate your peers

#CDCHealthySchools

#ClassroomPhysicalActivity

#FitnessFridays

#MovementMondays

#WalkingWednesdays

EXAMPLE! Set days to keep pedal assistant off for electronic bikes and scooters

INTERESTED IN JOINING THE SUMMER FOOD SERVICE PROGRAM (SFSP)?

- **Keep Kids Healthy All Summer:** SFSP offers free, nutritious meals and snacks to support learning, play, and growth when school's out
- **Your site/program can opt to serve one or two healthy (hot or cold) meals per day to children:** breakfast, lunch, or dinner, or a combination of breakfast and lunch or breakfast and dinner
- **Stay Connected:** Community Connections helps families apply for SNAP benefits!

Recipes & CVE Videos

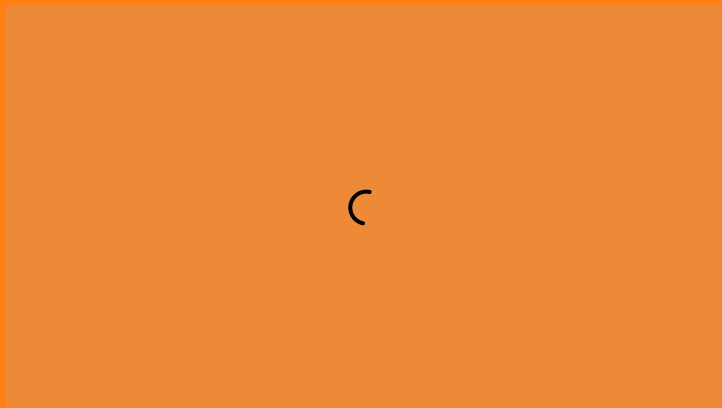
Savoring Spring Flavors

Bean Salsa



Physical Activity

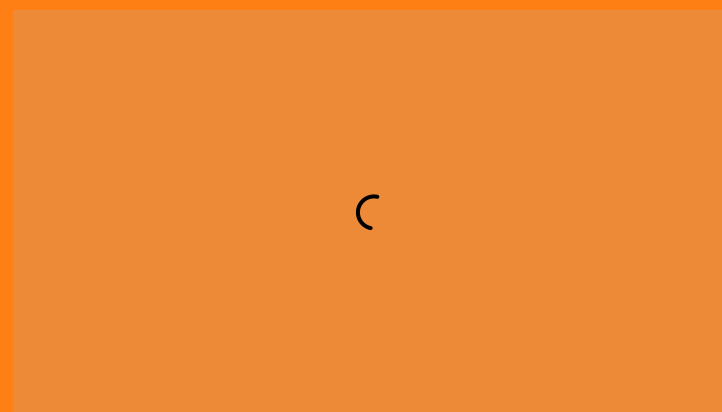
Wellness Wednesday Physical Activity



Fruit Pizza



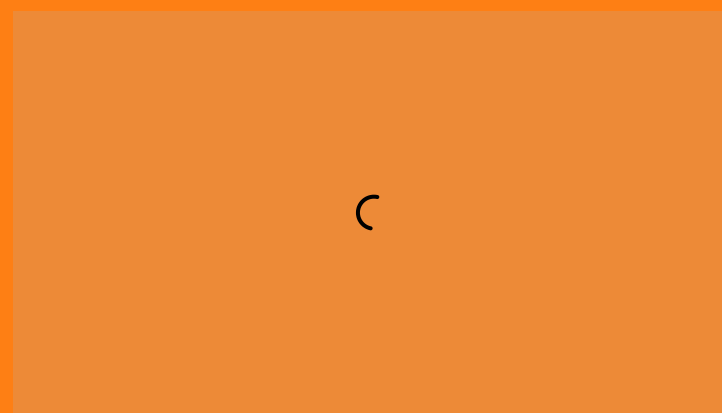
Brain Breaks for Kids



Salad-Shakers



Physical Activity for Kids



Click on the images and videos to share with your organization, partners, and neighbors!

Guides, Exercises & Handouts

MOVE YOUR WAY
60 A DAY!

You know how sometimes it's really, really hard to sit still? **YEP.**

When you're young, your body wants to move — naturally! (Adults, not so much.)

So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

SOBER **SOFT** **SOFT** **SOBER**

SOBER **SOFT** **SOFT** **SOBER**

How much activity do I need?

If you're between age 6 and 17, you need at least **60 minutes** of activity each and every day.

* It's true — physical activity can actually help you do better in school.

OSITO EXERCISE CHART FOR KIDS
Warm-up exercises

Illustrations of various warm-up exercises for children, including jumping, stretching, and balancing.

Safety Rules At Home, School, And Around The Neighborhood

Illustration of children walking and riding a bicycle near a school building.

FDOT **ZERO** **YOUR TRAFFIC SAFETY TEAM**

PHYSICAL ACTIVITY IN SCHOOLS

Illustration of children playing sports in a schoolyard.

SEPARATED **COMBINED** **INTEGRATED** **PHYSICAL EDUCATION**

Wear a Helmet!

Sidewalks and bike lanes are safest.

FDOT **ZERO** **trafficsafetyteam.org** **YOUR TRAFFIC SAFETY TEAM**

Walk with a friend!

Look left, right, & left again before crossing the street.

FDOT **ZERO** **trafficsafetyteam.org** **YOUR TRAFFIC SAFETY TEAM**

INTEGRATE CLASSROOM PHYSICAL ACTIVITY IN SCHOOLS

What is classroom physical activity?
Classroom physical activity serves as a strategic opportunity to promote physical activity during the school day. It limits sedentary time among students and boosts academic achievement.

Classroom physical activity defined:

- Any physical activity done in the classroom.
- Takes place at any time and occurs in one or several brief periods of time during the school day.
- Offered in addition to physical education for all school levels (K-12).
- Offered in addition to recess for all school levels (K-12).

There are two primary approaches:

- Physical activity integrated into planned academic instruction.
- Physical activity outside of planned academic instruction.

Adding opportunities for physical activity during the school day (does not take away from learning). Classroom physical activity improves students:

- Concentration and attention.
- Classroom behavior.
- Motivation and engagement in the learning process.
- Academic performance.

What's happening currently?
Across the nation, schools, school districts, and states have different policies and practices that affect classroom physical activity opportunities.

No states require classroom physical activity breaks in middle or high schools.

Colorado is the only state that requires classroom physical activity breaks during the school day.

Only 11% of school districts require elementary schools to provide regular classroom physical activity breaks during the school day.

This percentage is lower for middle schools (8%) and high schools (2%).

Only 45% of schools have students participate in regular physical activity breaks during the school day. Specifically:

- 43% of elementary schools?
- 61% of middle schools?
- 27% of high schools?

For more information, visit www.trafficsafetyteam.org or contact your local traffic safety team.

Click on the images to download and print them to share with your organization, partners, and neighbors!

