



Toolkit for Physical Activity and Healthy Eating

This toolkit was created to be a quick, easy and practical resource for school staff to use with students to reinforce healthy eating and physical activity...to help guide students towards a healthier lifestyle!

The websites used in this document are free with an easy sign-up process.

Healthy Schools NY at Ulster BOCES



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PHYSICAL ACTIVITY AND HEALTHY EATING RESOURCES AND ACTIVITIES TO USE WITH STUDENTS

I. Physical Activity

A. **FREE Brain Break VIDEOS** – Click on the link and students will have fun while getting their physical exercise!

- Go Noodle, <https://www.gonoodle.com/>.
- HOPSports, <http://www.hopsports.com/content.php?pgID=289>.
- Energizing Brain Breaks, <http://energizingbrainbreaks.com/>.
- Brain Breaks Blog Spot, <http://brainbreaks.blogspot.com/>.
- Teach, Train and Love, <http://teachtrainlove.com/?s=brain+breaks>.
- Learning Station, Yoga for Kids, <https://www.youtube.com/watch?v=YFe0I8kkFOg>.
- Pinterest, Chinese Jump Rope & Jump Tricks, <http://www.pinterest.com/pin/264305071855089551/>.
- Pinterest, Chinese Jump Rope Patterns, <http://www.pinterest.com/pin/264305071855089547/>.
- Pinterest, Truth on Health, Hopscotch- <http://www.pinterest.com/pin/264305071852631826/>.
- Pinterest, Truth on Health, Jump Rope- <http://www.pinterest.com/pin/264305071852632259/>.
- Youtube, How To Play A Clapping Game Called Tic Tac Toe, <https://www.youtube.com/watch?v=oqaH8oJ2jHE&feature=related>.
- Youtube, Toe Tapping Brain Break, <https://www.youtube.com/watch?v=m0uiA6UITDw>.



B. Brain Break Books to Purchase – classroom physical activity breaks for students!

- “Energizing Brain Breaks” by David Sladkey.
- “Energizing Brain Breaks 2” by Scott Miller.
- “Brain Breaks for the Classroom: Quick and Easy Breathing and Movement Activities that Help Students Reenergize, Refocus and Boost Brain Power-Anytime of the Day!” by Micelle Gay.
- “Energizers Classroom-based Physical Activities K-2 The way teachers integrate physical activity with academic concepts,”

https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf.

C. Additional Physical Activity Exercises – beyond Brain Breaks.

- Active Academics, <http://www.activeacademics.org/>, after sign-up, select “Grade Level” and “Content Area” for your activity choice.
- Yoga Health Foundation, http://www.yogahealthfoundation.org/yoga_recess, go to “School Teachers: Access free educational yoga-recess videos to bring yoga into your classroom.” You can use a Smart Board to view videos.
- Playworks Games Library, <http://www.playworks.org/playbook/games>.
- Action for Healthy Kids, <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>, brain breaks and more.
- Energizers: Classroom-based Physical Activities, <http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>, a *booklet* that provides teachers of elementary **and middle school students** succinct instructions on how to integrate physical activity with **academic concepts**.
- Your Therapy Source, http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf, 10 Simple Activities to Encourage Physical Activity in the Classroom.

D. Online Recess Game Ideas – some great ideas to use at recess!

- Playworks, <http://www.playworks.org/playbook/what-is-a-great-recess/how-to-play-and-teach-rock-paper-scissors>, **Resolving Conflict**, “Rock, Paper, Scissors.”
- Pinterest (from Playworks.org), <http://www.pinterest.com/pin/264305071852975423/>, Activity to **Transition from Recess to the Classroom**.
- Playworks, <http://www.playworks.org/playbook/what-is-a-great-recess/playground-strategies/recess-rain-and-snow-and>, **Inclement Weather Recess**.



- Games Kids Play, <http://www.gameskidsplay.net/>, select quick favorites or by category and **instructions** are provided to play the games.
- Education.com, <http://www.education.com/topic/make-recess-count/>, scroll down to “Fun Outdoor Games” to view videos.
- We Are Teachers, [http://www.weareteachers.com/blogs/post/2015/05/14/play-it-again!-15-old-fashioned-recess-games-to-bring-back-\(and-3-for-indoor-recess\)](http://www.weareteachers.com/blogs/post/2015/05/14/play-it-again!-15-old-fashioned-recess-games-to-bring-back-(and-3-for-indoor-recess)), scroll down for videos and/or instructions to 17 games.

E. [Recess Guidelines and Tips](#)

- Playworks, <http://www.playworks.org/recess-checklist>, **Checklist for a Great Recess.**
- Peaceful Playgrounds, <http://www.peacefulplaygrounds.com/school-recess-when-is-it-too-cold-to-go-out-to-recess/>, **Cold Weather Tips.**
- Recess for Learning and Better health, <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/Recess3A.pdf>.

F. [Physical Activity Resources, Research, and Information](#) – resources the Wellness Committee can use to help implement the district’s Wellness Policy regarding physical activity.

- Let’s Move! <http://www.letsmove.gov/>, a comprehensive initiative launched by the First Lady, Michelle Obama; and <http://www.letsmove.gov/active-schools>.
- Fuel Up to Play 60, <http://www.fueluptoplay60.com/>, a program founded by the National Dairy Council and NFL, in collaboration with USDA that empowers students to make changes at school and getting active for at least 60 minutes every day.
- Action for Healthy Kids:
 - Game On! The Ultimate Wellness Challenge, [http://www.actionforhealthykids.org/component/content/article/38-state-team-news/1134-game-on-the-ultimate-wellness-challenge, fun activities/"challenges" around "Making Better Food Choices" and "Moving More"; increases awareness and leads to behavior changes that positively impact health and achievement.](http://www.actionforhealthykids.org/component/content/article/38-state-team-news/1134-game-on-the-ultimate-wellness-challenge_fun_activities/\)
 - Resources to Create Change, <http://www.actionforhealthykids.org/tools-for-schools/resource-clearing-house/search/summary>.
- Comprehensive Schools Physical Activity Programs (CSPAP): A Guide for Schools, http://www.cdc.gov/healthyyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf.



- Alliance for a Healthier Generation, <https://www.healthiergeneration.org/>.
- Choose My Plate, <http://www.choosemyplate.gov/physical-activity>, provides resources and tools for dietary assessment, nutrition education and other nutrition information.
- SPARK, <http://www.sparkpe.org/>, a research-based, public health organization; creates, implements, and evaluates programs that promote lifelong wellness.
- Youth Physical Activity, the Role of Schools, US Department of Health and Human Services, http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf, physical activity fact sheet for schools.
- Healthier US School Challenge (HUSC): Smarter Classrooms, <http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>, a voluntary certification initiative recognizing those schools enrolled in Team Nutrition; healthier school environments through promotion of nutrition and physical activity.
- Crucial Role of Recess in Schools, Position Statement from the American Academy of Pediatrics, <http://pediatrics.aappublications.org/content/131/1/183.full.pdf+html>.
- The State of Play, Gallup Survey of Principals on School Recess, <http://www.rwjf.org/en/library/research/2010/02/the-state-of-play.html>.
- New York City's Move-to-Improve (MTI) for K-5, <http://schools.nyc.gov/Academics/FitnessandHealth/MoveImprove/default.htm>, see Move-to-Improve Programs Materials at the bottom of the following link (cards, videos linking physical activity to academics, and posters designed by NYC teachers/staff to address some of the challenges when implementing physical activity, such as smaller spaces).

II. Healthy Eating

A. Recipes

- Kids Eat Right, Academy of Nutrition and Dietetics, <http://www.eatright.org/resources/kids-eat-right-listing?active=videos>.
- What's Cooking, <http://www.whatscooking.fns.usda.gov/>.
- Recipes for Healthy Kids, <http://www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbookforschools.pdf> (copy and paste), school nutrition professionals, students, parents, chefs, and community members cooked up new ideas to get children excited about making healthy choices.
- Coalition for Healthy School Food, <http://www.healthyschoolfood.org/recipes.htm>.



- The Children’s Aid Society, <http://www.childrensaidsociety.org/kids-health-nutrition/simple-fun-snack-lunch-recipes>.
- BBC Good Food, <http://www.bbcgoodfood.com/recipes/collection/student>, students’ recipes.
- New York Times, Recipes for Health, http://topics.nytimes.com/top/news/health/series/recipes_for_health/index.html.
- **Cooking Matters**, <http://cookingmatters.org/recipes>.

B. Parent Tips

- Food and Health, <https://foodandhealth.com/usda-school-snack-guide/>, USDA School Snack Guide – Smart Snack List for Parents, Teachers and School Food Service Directors. Scroll down to check out the “Homemade Options” or print the .pdf.
- Parent Tip Sheets, <http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>.
- Kids Eat Right, Academy of Nutrition and Dietetics, <http://www.eatright.org/resources/for-kids>.
- Healthy Eating Tips and Recipes for Kids, <http://www.parents.com/recipes/nutrition/kids/healthy-eating-tips-kids-families/#page=3>.
- Tips for Parents – Ideas to Help Children Maintain a Healthy Weight, <http://www.cdc.gov/healthyweight/children/>.
- Kids and Food – 10 Tips for Parents, http://kidshealth.org/parent/nutrition_center/healthy_eating/eating_tips.html.
- Ways to Help Young Children and Teens Eat Healthier, <http://www.helpguide.org/articles/healthy-eating/nutrition-for-children-and-teens.htm>.
- Action for Healthy Kids, <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/foodideasf3a.pdf>, Healthy Food Ideas: School Snacks, Celebrations and Family Events.



C. Healthy Fundraisers

- Center for Science in the Public Interest, https://www.cspinet.org/new/pdf/Fundraising_Ideas_Fact_Sheet.pdf, Fundraising Options Available to Schools – Recommended Healthy Fundraisers.
- Action for Healthy Kids: Healthy Fundraisers, Promote Family Health and Well-being, <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>.
- Alliance for a Healthier Generation, https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/.
- New York City Health, <http://www.nyc.gov/html/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf>, Yes, You Can! A Fresh Look at Healthy Fundraisers for Schools.
- New York City Health, <http://www.nyc.gov/html/doh/downloads/pdf/cdp/fantastic-fundhs.pdf>, A+ Fundraisers for High Schools.

D. Non-Food Rewards

- Clemson Cooperative Extension, <http://www.clemson.edu/extension/hgic/food/pdf/hgic4110.pdf>, Non-Food Rewards for Kids.
- Center for Science in the Public Interest: Constructive Classroom Rewards, http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf.
- Action for Healthy Kids, <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>, Healthy Non-Food Rewards.
- Alliance for a Healthier Generation, Non-Food Rewards, https://www.healthiergeneration.org/asset/tljc7f/12-5933_NonFoodRewards.pdf;
- Student Rewards that aren't junk food, Courtesy of 100 Days of Real Food, <http://www.100daysofrealfood.com/wp-content/uploads/2010/10/Student-rewards.that-arent-junk-food-Printable1.pdf>.
- Alternatives to Food Rewards – Promoting a Healthy School Environment, <http://foodservice.fwcs.k12.in.us/wellness/foodrewards2.pdf>.
- Rewards and Incentives, http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/rewards_incentives.pdf.
- Iowa Department of Education, https://www.educateiowa.gov/sites/files/ed/documents/1415_np_sw_NonFoodRewardsIdeas_v2.pdf, Non-food Rewards and Classroom Celebration Ideas.



E. Healthy Celebrations

- Action for Healthy Kids, <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/celebrationsf3b.pdf>, **Healthy Birthdays, Celebrations and Family Events.**
- Action for Healthy Kids, <http://www.actionforhealthykids.org/tools-for-schools/1249-healthy-and-active-classroom-parties>, **Healthy and Active Classroom Parties.**
- Alliance for a Healthier Generation, https://www.healthiergeneration.org/asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf, **Healthy Celebrations Let's Celebrate!**
- Center for Science in the Public Interest, http://cspinet.org/new/pdf/healthy_school_celebrations.pdf, **Healthy School Celebrations.**
- Dutchess County Department of Health, <http://www.poughkeepsieschools.org/wp-content/uploads/Celebrate-the-Healthy-Way.pdf>, **Celebrate the Healthy Way.**
- USDA Choose My Plate, <http://www.choosemyplate.gov/ten-tips-make-celebrations>, **Make Celebrations Fun, Healthy & Active.**

F. Nutrition Promotion and Nutrition Education Resources, Research, and Information – resources the Wellness Committee can use to help implement the district's Wellness Policy regarding nutrition promotion and nutrition education.

- Smarter Lunchrooms Movement, <http://smarterlunchrooms.org/resource/no-time-train-trainers-script> **No Time to Train – Trainer's Script; AND**
- Smarter Lunchrooms Movement, Accompanying **Training Materials and PowerPoint**, <http://smarterlunchrooms.org/training-materials>. Note: These lessons will help your staff members understand, implement and maintain Smarter Lunchrooms strategies with enthusiasm and precision.
- Smarter Lunchrooms Movement, <http://smarterlunchrooms.org/resource/lunchroom-self-assessment-score-card>, Lunchroom Self-Assessment Score Card.
- Cornell Cooperative Extension and Division of Nutritional Sciences, http://farmtoschool.cce.cornell.edu/?_ga=1.92854293.921087813.1440596669, Farm to School Outreach.
- Cooking Matters, <http://cookingmatters.org/educational-tools>, cooking Matters is key to Share Our Strength's No Kid Hungry campaign, which connects kids in need with nutritious food and teaches their families how to cook healthy, affordable meals.
- Success Starts Early with Breakfast After the Bell, <http://www.breakfasteveryday.org/>, **school breakfast resources.**



- The Chef's Move to Schools, <http://www.chefsmovetoschools.org/>.
- Team Nutrition and Healthier Kids US, Healthier US School Challenge, and The School Day Just Got Healthier, <http://www.fns.usda.gov/tn/team-nutrition>, <http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>, and <http://www.fns.usda.gov/healthierschoolday>.
- Coalition for Healthy School Foods, <http://www.healthyschoolfood.org/createchange.htm>, **introduces plant-based foods and nutrition education** in schools to educate the whole school community.
- Reducing Food Waste K-12, http://www.usda.gov/oc/foodwaste/resources/K12_schools.html, Webinar, fact sheet and other information about **reducing, recovering, and recycling food waste** on school premises.
- White Paper-The use of Food as a Reward in Classrooms: the Disadvantages and the Alternatives, <http://twenslex.org/wp-content/uploads/2013/02/WhitePaper-final.pdf>.
- iChoose4Kids, <https://www.health.ny.gov/prevention/obesity/ichoose600/4kids/>
- Voices for Healthy kids, http://www.heart.org/HEARTORG/Advocate/Voices-for-Healthy-Kids_UCM_453195_SubHomePage.jsp.