



Healthy Kids Club

SESSION 1: AGENDA

MILEAGE LAP TIME

1

During your first session begin with mileage goal setting! Pick a city that your club would like travel to with their “miles”. Use the mile indicator and ruler to measure your steps from city to city by adding up the miles from your Healthy Kids Club sessions. For more directions on how to use your mileage map click here: [Mileage Map](#)

As students come in have them begin their lap time at the identified lap space. Students can grab a bracelet, popsicle sticks or rubber bands to mark their completed laps. At the end ask students to count their lap totals and record it on your session tracker.

Resources available for your HKC club: Toe-tokens, mileage map, bracelets for lap tracking.



SIMPLE SNACK

2

- Hummus
- Pretzel sticks
- Mandarin oranges
- Ask students about the **Healthy Announcements!**



If possible, try to cover 2-3 food groups in your snack.

TAKE A BREATH!

3

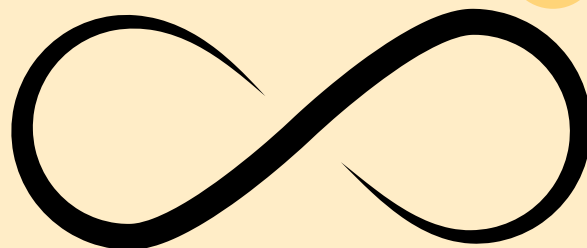


Figure eight breathing video!
Affirmations for your students!

GROUP ACTIVITY

4

Steal the Apple: Divide the students up into two team and give each student a number that corresponds with a number on the other team. Start the game by placing an object in the middle of the two teams. Once you call a number, the students with that number on each team must race to collect the object in the middle. Continue the game until all the objects have been collected and the team with the most objects wins. *Equipment required: small, easy to grab items (tennis balls, stuffed animals, etc....)*

ADDITIONAL MONTHLY ACTIVITIES