



Healthy Kids Club

SESSION 2: AGENDA

MILEAGE LAP TIME

1

- 1 As students come in have them begin their lap time at the identified lap space while you take attendance.
- 2 There are different ways to track laps try using popsicle sticks, rubber bands, stamps or stickers!
- 3 Encourage students to complete mileage goals by awarding them with toe tokens after each mile completed. Don't forget the 10-mile tokens and the star of the week! ★
- 4 Sound a bell/whistle to indicate 2 minutes before end of time. 🛎️
- 5 At the end ask students to count their total laps and record it on your session tracker.



Resources available for your HKC club: Toe-tokens, prizes, mileage map, & bracelets for lap tracking-Ask your Coordinator!

SIMPLE SNACK

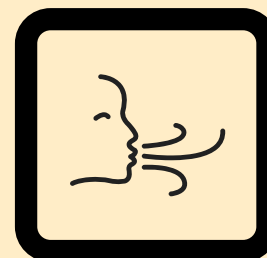
2

- Apple slices
- Whole grain crackers
- Nut butter
- Ask students about the **Healthy Announcements!**



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

3



Guided Square Breathing Video!

Affirmations for your students!

GROUP ACTIVITY

4

Triangle Tag: Have students form groups of four. Have three of the four students hold hands and form a triangle. Have one of the three players choose to be the runner. The fourth player who is not in the triangle is then the tagger. When the game begins, the tagger will try to tag the runner without going in, over, or under the triangle. The runner's objective is to not get tagged, with the help of the other two players in the triangle. The other two players try to help the runner by blocking the tagger through changing directions. No equipment required.

ADDITIONAL MONTHLY ACTIVITIES