



# Healthy Kids Club

## SESSION 3: 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.

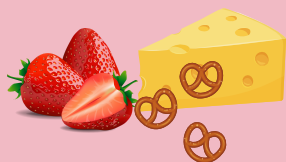


Have any of your students reached 10 miles? Have them fill in a **footprint** to celebrate their success!

### SIMPLE SNACK

2

- Grapes
- Popcorn
- Cheese slices
- Ask students about the **Healthy Announcements!**



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

### TAKE A BREATH!

3



**Belly Breathing:**  
**Mindfulness Video!**  
**Affirmations for your students!**

### GROUP ACTIVITY

4

***Matching Mitten Hunt:*** Hide pairs of mittens all over the room and have students try to find a matching pair. The first to find a matching pair wins!

*Equipment required: Multiple pairs of mittens.*



**ADDITIONAL**  
**MONTHLY**  
**ACTIVITIES**