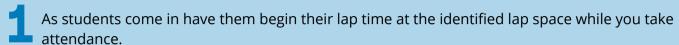


Healthy Kids Club SESSION 5: AGENDA

MILEAGE LAP TIME



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- There are different ways to track laps try using popsicle sticks, rubber bands, stamps or stickers!
- 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!

Sound a bell/whistle to indicate 2 minutes before end of time.

At the end ask students to count their total laps and record it on your session tracker.

TRY ADDING IN WACKY WALKING FOR YOUR STUDENTS!

SIMPLE SNACK



- Mini Bagel & Cream Cheese
- Cucumbers/Bell Peppers
- Ranch

Healthy Announcements!





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

TAKE A BREATHER!



Bear Breaths
Breathing Video!

<u>Bubble Bounce! Mindfulness</u> <u>Video!</u>

GROUP ACTIVITY



Feet Balloon Pass: Students start the game by sitting in a circle.

The objective of the game is to pass the balloon
around the circle only using their feet. If the
balloon drops to the ground, the group loses
that round, but can restart right away. Set a goal
for the number of completed rounds to try to get to.

Equipment required: Inflated balloons.



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