



Healthy Kids Club

SESSION 5: 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.



TRY ADDING IN WACKY WALKING FOR YOUR STUDENTS!

SIMPLE SNACK

2

- 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!

3



Bear Breaths Breathing Video!

Bubble Bounce! Mindfulness Video!

GROUP ACTIVITY

4

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.



ADDITIONAL MONTHLY ACTIVITIES