

Week 2: Let's Move A Little More



Step of the Week

This week's lesson is to help your family move a little more and have fun doing it!

Did You Know?

- Doctors suggest children ages 6–17 move around for 60 minutes per day and 180 minutes a day for children ages 3–5. That's about 15 minutes an hour while awake.
- Being active helps children perform better in school, sleep better, be happier, and helps prevent obesity and other chronic diseases.

Source: www.aappublications.org/news/2020/02/24/physicalactivity022420



Myth vs. Fact

Myth: Technology is always bad for movement

Fact: Sometimes technology can be a great resource for movement ideas! Take advantage of free apps and websites, use commercial breaks on the TV, or find gaming systems that get you moving.

Myth: You have to use an activity tracker on a phone or watch to be healthy.

Fact: Smart watches and smart phone apps are just one way to track activity, but there are other ways. You can always track how many minutes a day or week you are active. Pick what works best for you and your family!



Myth vs. Fact

Myth: There has to be good weather to get enough physical activity.

Fact: There are so many fun ways to get physically active in the house! Great weather makes for a nice walk or a fun bike ride, but you can move inside too. **Check out our list of rainy-day activities on page 5 to get inspired!**



Myth: You have to workout to be active.

Fact: Playing is getting active too! You don't need weights or a workout routine to get moving. Chasing bubbles in the house, playing with a friend, or heading down to the park are all ways to have fun while you get moving!



Check Where Your Family is At!

Red Activities – Barely at All



- sitting down and playing video games
- watching TV
- staying on your phone for more than an hour without movement

Yellow Activities – Only a Little



- low intensity movement like walking around
- parking your car farther

Green Activities – A Lot



- longer walks or jogs
- bike rides
- playing tag
- activities that vary in how fast or long you're doing them



CHALLENGE
How much have you moved in the last two days?

- **If you're in the red zone:**
DANGER DANGER! Let's kick it in gear and try to move a little more!
- **If you're in the yellow zone:**
Good job, but let's see if we can step it up!
- **If you're in the green zone:**
Fantastic, let's stick with it and see if we can stay here!

List some steps you can take this week to move more.

1. _____
2. _____
3. _____

Family Learning and Fun

STEP 1

Physical activity is just getting your body moving. Everyone list 3 of your favorite ways to get moving.

1. _____
2. _____
3. _____

STEP 2

What physical activities have you always wanted to try? Everyone write 1 or 2 activities down. Check out our activity sheets for some fun ideas.

1. _____
2. _____

STEP 3

Let's try it now! Pick 3 activities to try for 1 minute each. Pick a few ideas from steps 1 and 2.

1. _____
2. _____
3. _____



Let's Chat!

What does everyone think? Did you have fun?
Are there any other activities that anyone wants to try?

**MOVING
IS FUN!**

Ideas for Change

Let's try and get seriously moving, for 60 minutes total a day! You can break up the time throughout the day. Maybe take a 5-minute break here or there. Or even a bunch of 1-minute breaks. Just get moving in the way that works best for you and your family! **See our Rainy Day and Shiny Day activity list at the end of the lesson for ideas on getting active and having fun!**



Taking a Step

How many days a week do you think you can keep this up? You can always start with just a few days and work your way up later.

Pledge: What's our little step for this week?

We pledge that we will do our best to stick to this little step for our health this week:

sign your name(s) on the line

End of Week Check In!

- How well did your family do in sticking to your pledge?
- What was hard? What was easy?
- Can you pledge to keep this up next week, too? You can always change up your goal to be a bit easier or a bit harder.

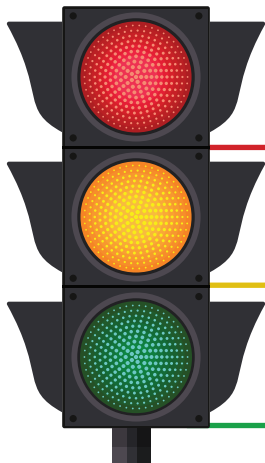


Behaviors like moving more, even in short spurts, over time help your family to keep at a healthy weight and can create some great time for family. Some days we might need more of a rest than other days, and that's alright. New habits and behaviors can take a while to stick. The more you do, the better!

Don't forget your goals for past weeks!

Looking Back!

Last week we set goals for drinks. How did we do last week?



RED LIGHT

- ☐ There's always next week

YELLOW LIGHT

- ☐ Almost there

GREEN LIGHT

- ☐ All the way



It's ok if you didn't quite hit your goal! Change isn't always easy. You just have to be proud of yourself for trying and remember that it's never too late to start again. If your goal was too hard last week, try making it a little bit easier this week.

Week 2: Let's Move a Little More! Activities List

Rainy Day Activities



- Have a dance party! See who has the best moves or play freeze dance and see who can pause the best!
- Play a moving videogame like Just Dance
- Do some yoga. Check out Cosmic Kids Yoga (<https://www.youtube.com/@CosmicKidsYoga>) for some fun ideas!
- Turn cleaning into a game- time yourselves to see how quickly you can tidy up a space or who can be the first to put all their toys or clothes away
- Have a snowball fight indoors by using rolled up socks or crinkled scrap paper. Whoever gets hit the least amount of times, wins!
- Make an obstacle course or maybe even a fort with some bed sheets.
- Play hide and seek
- Balloon volleyball- Blow up a balloon and see how long you can keep it off the ground by bouncing it off your hands.
- Bookwork Workout- Pick a word that pops up in your book and pick one movement to do every time it pops up (Ex. "Hat" in Cat in the Hat)
- Dance for 5-minutes, every half hour while watching your favorite TV show.
- Crabwalk races. See who can crab walk an appropriate distance the fastest. Up the challenge by balancing a balloon or a stuffed animal on their stomach!



Shinny Day Activities



- Play Tag
- Toss a ball
- Hula Hoop
- Go for a walk
- Ride Bikes
- Jump rope
- Start a family garden! Spending time outside watering and weeding the garden can be a great family activity- you can even cook with some of the harvest!
- Make an outdoor scavenger hunt with things you would find in nature.
- Blow bubbles and see who can pop them the before they hit the ground! This works indoors too.
- Play with some chalk and make sidewalk masterpiece!

