

# Welcome!

The session will begin shortly.

While we're waiting, take action with one (or more) of the steps below!

**Assess Your School: Take our 3-minute School Health Survey**

[www.actionforhealthykids.org/school-health-survey/](http://www.actionforhealthykids.org/school-health-survey/)

**Stay Informed: Sign up for our Newsletters**

<https://www.actionforhealthykids.org/news-sign-up/>

**Get Involved: Find upcoming learning sessions and events**

<https://www.actionforhealthykids.org/events/>

# Logistics

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A few notes to make sure you have a smooth user experience!

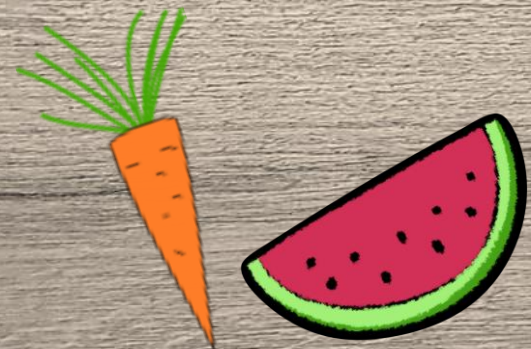
- » Listen in with your telephone or computer speakers
- » Video and sound check – unmuting and pausing video.
- » Breaks are scheduled, but step away as needed.
- » Ask questions
- » Stay engaged and participate

*All materials and session recording will be shared in follow up within 1 week.*

# Family Connect Summer Series

*Staying **EnergizEd** at Home*

July 7<sup>th</sup> 2021





# Welcome

Let's get started with some mindful movement!

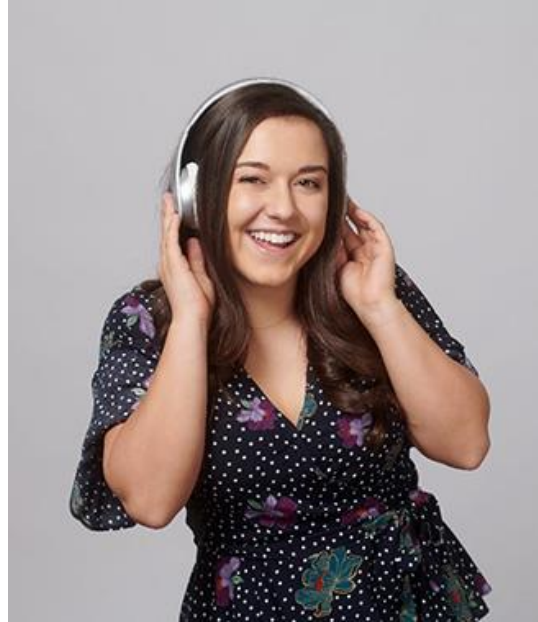
# Today's Session

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- » Introductions
- » AFHK Overview
- » EnergizEd Program Overview
- » EnergizEd at Home
  - Fun with Glowsticks
  - At-Home Obstacle Course
  - Family Track & Field Day
  - Active Play
- » Q&A



# Meet the AFHK Team



Ali Armacost  
Program and Field  
Coordinator  
Chicago, IL



Kimberley Harris  
Family Connector  
Jacksonville, FL

# Action for Healthy Kids Overview

Who We Are, What We Do, and How We Work

# Who We Are

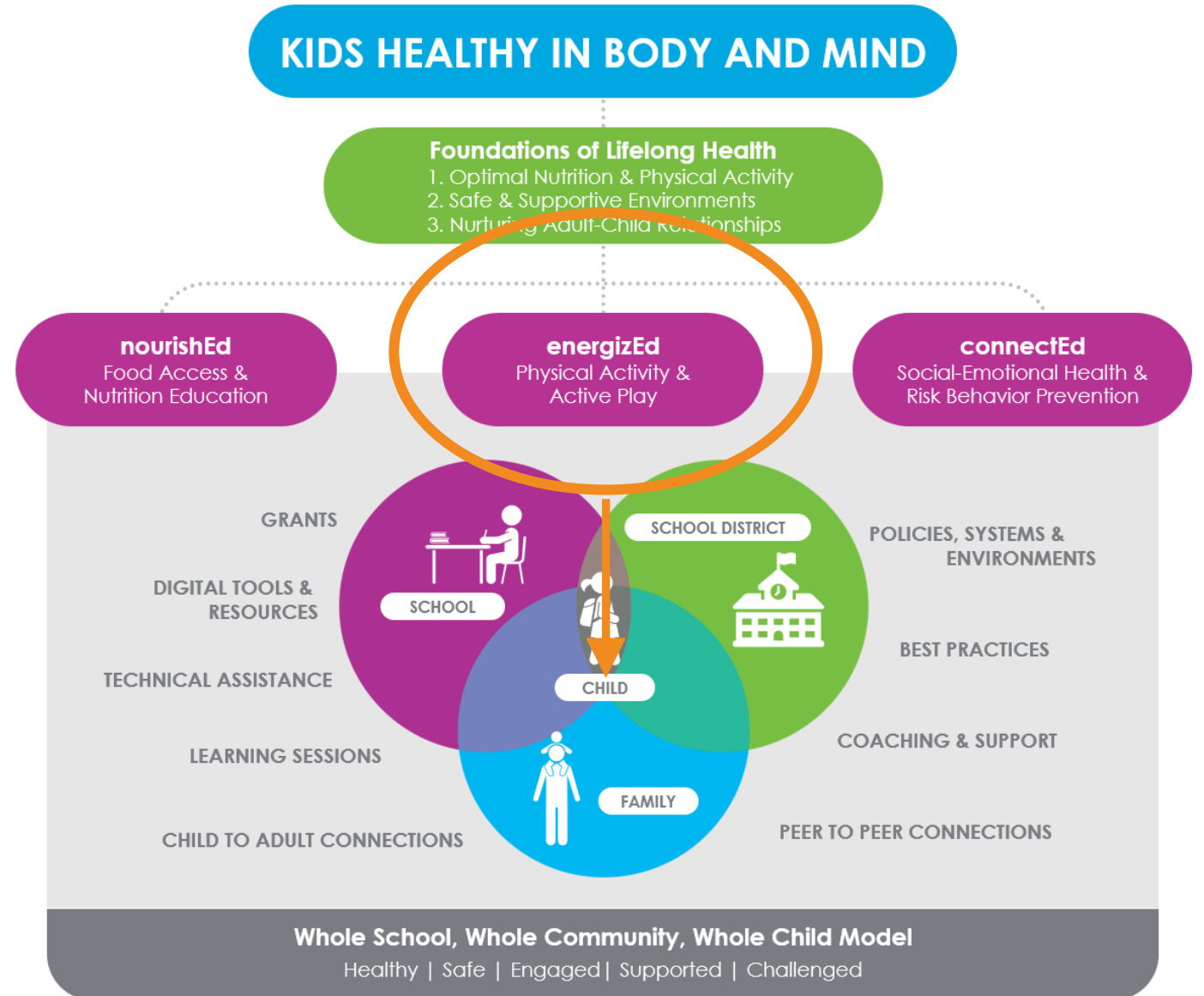
Action for Healthy Kids is a national nonprofit organization committed to the belief that healthy kids create a better world. We pursue this vision by mobilizing family-school partnerships to address the child health crisis and prepare kids to be healthy in body and mind.





# What We Do

We collaborate with families, schools and school districts to support three key areas of child health.



# How We Work



Whole School, Whole Community, Whole Child Model (WSCC)



Family-School Partnerships



Collective Impact

Healthy Kids. Better World.

# EnergizEd

Physical Activity and Active Play

# Importance of Physical Activity

## What is a Comprehensive School Physical Activity Program (CSPAP)?



Active Students = Better Learners

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)

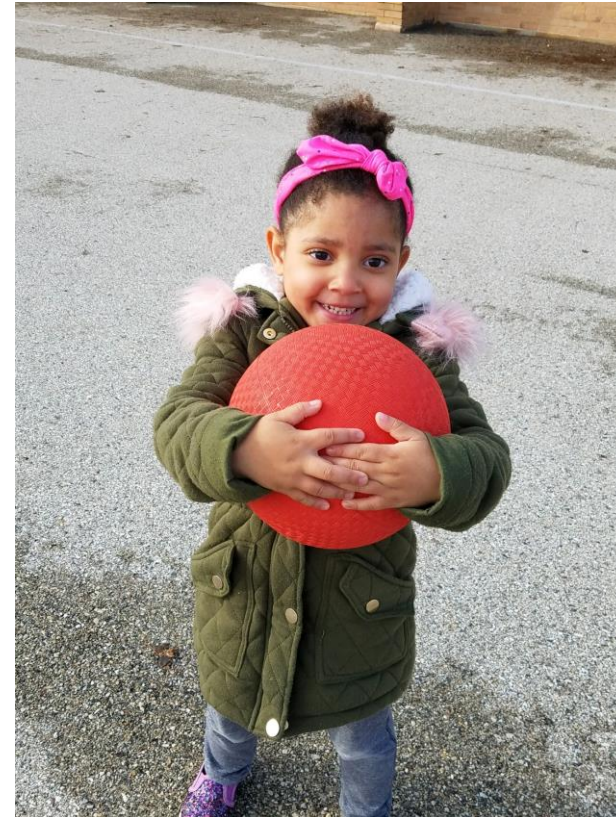
- Created by CDC and SHAPE America
- An approach to help kids be physically active, meet the nationally-recommended 60 minutes of physical activity/day, and develop the knowledge, skills, and confidence to be physically active for a lifetime.
- 5 components:
  - Physical Education
  - Physical Activity During School
  - **Physical Activity Before & After School**
  - Staff Involvement
  - **Family and Community Engagement**

**ACTION** FOR HEALTHY KIDS

# Importance of Physical Activity

## Whether at school or at home – why is physical activity so important ?

- » The recommended amount of moderate-to-vigorous physical activity daily for kids ages 6-17 is 60+ minutes.
- » Physically active kids are more likely to live healthier and happier lives due to...
  - Higher fitness levels and ability to complete daily tasks
  - Lower body fat and stronger bones and muscles
  - Improved brain functions such as memory and performance in school
  - Reduced symptoms of depression and other mental health issues. [1](#)



# SEL and Physical Activity

Research shows that physical activity is a natural mood booster. Movement releases chemicals in the body that improve mood, help us concentrate and relieve stress.<sup>2</sup>



Physical activity & active play offers an opportunity to explore social-emotional learning.

- Creative expression through movement
- Practice yoga and mindful movement
- Encourage team activities and games

Summer activities to stay EnergizEd!

# Fun with Glowsticks





# Set up an Obstacle Course

- Since shows like American Ninja Warrior were a hit, it became an easy way to get kids excited about being active by challenging their creativity.
- Obstacle courses can be created at the park, outside your home and even in poor weather .... In your home.
- AND will cost you nothing and should make for some good family memories!



# Set up an Obstacle Course cont.

## Steps:

1. Have your kids pick a location
2. Look for areas that can be a part of the course
3. Find play items at home to incorporate into the course
4. Set boundaries, rules, and identify any safety hazards beforehand
5. Determine who is participating and how you will time one another



# Have fun with an at-home Track & Field Day

Host your own Family Track & Field Day with these fun activities!

- **Relay Race** Use a paper towel carton as a baton and establish a track
- **Long Jump** Use sidewalk chalk or pencils as distance markers
- **Hurdles** Use old cardboard boxes or two chairs with tape between as hurdles





Long Jump



Hurdles

## Active Play

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Encourage unstructured active play time to increase creativity and confidence.

- **Schedule at-home recess and play time.**
- **Have a kitchen dance party.**
- **Go on an adventure story.**





# Small steps lead to BIG changes!

As we close out, let's remember that incorporating more physical activity and active play into your daily routine is a process!

# Additional resources

- » [Action for Healthy Kids Activity Library](#)
- » [Yoga Ed Video Library](#)
- » [Darebee](#): PDFs of exercises, videos, etc. ready to go for simple movement breaks and stretches
- » [OPEN Phys Ed: Active Home](#)
- » [Playworks: Play at Home Playbook](#)
- » [Go Noodle Video Library](#)



# We are here to support you!

Connect with us for questions and support. Reach out to [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org).



# Upcoming Learning Sessions

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Join us for the last  
Learning Sessions of our  
Family Connect Summer  
Series!

*Staying*

*NourishEd*

*July 28<sup>th</sup> 3-3:45pm CST*

*at home!*

Register at [www.actionforhealthykids.org/events/](http://www.actionforhealthykids.org/events/)

# Let Us Know!

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Open the camera on your mobile device to scan the QR code on the screen.

Complete this survey to help us continuously improve our learning sessions.

Time: 10 minutes or less



SUMMER SERIES: STAYING  
ENERGIZED AT HOME



<https://www.surveymonkey.com/r/20-21AFHKLearningSessionPostSurvey>

Questions? Email us at [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org)



**Every kid healthy, active and ready to learn**

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