

WORKSHEET LIST:

#1 Power Up Charades Activity Cards Pages 18-40

Activity Card List for Leaders

Get Moving versus Stay Still cards

Option 2 Activity Card List for Leaders

Very Active versus More Moderate Moves cards

#2 Tune Out Challenge Worksheet Pages 41-43

Worksheet

Parent Letter in English

Parent Letter in Spanish

Activity List for Leaders

Get Moving Activities:	Stay Still Activities:
Take a walk	Write a story
Jog or run	Do a craft project
Roller blade	Sing
Play basketball	Read a book
Play on jungle gym	Color, draw, or paint
Swim	Do a puzzle
Play Tag	Play a board game
Dance	Do homework
Play soccer	Talk on the phone
Help with chores around the house	Play a card game
Play a musical instrument	Take pictures

Activity Cards for Get Moving Relay or Charades

Take a
Walk

Write a
Story

Activity Cards for Get Moving Relay or Charades

Jog or
Run

Do a Craft
Project

Activity Cards for Get Moving Relay or Charades

<p>Roller Blade</p>	<p>Sing</p>
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Activity Cards for Get Moving Relay or Charades

Play
Basketball

Read a Book

Activity Cards for Get Moving Relay or Charades

Play on
Jungle Gym

Color, Draw
or
Paint

Activity Cards for Get Moving Relay or Charades

Swim

Do a Puzzle

Activity Cards for Get Moving Relay or Charades

Play Tag

Play a Board
Game

Activity Cards for Get Moving Relay or Charades

Dance

Do
Homework

Activity Cards for Get Moving Relay or Charades

<p>Play Soccer</p>	<p>Talk on the Phone</p>
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Activity Cards for Get Moving Relay or Charades

Help with
Chores
Around the
House

Play a Card
Game

Activity Cards for Get Moving Relay or Charades

Play a
Musical
Instrument

Take
Pictures

Activity Cards for Get Moving Relay or Charades

Activity Cards for Modification Option #2

Very Active Moves	Moderate Moves
Hip Hop dance	Walk to and from school
Hockey or ice skating	Take the stairs
Basketball	Carry in groceries
Volleyball	Skateboarding
Martial arts—karate, judo, tae kwon do	Sweep floors
Play soccer	Play on a swing
Ride bikes	Toss a frisbee
Jump rope	Play catch
Tennis	Play hopscotch
Swim laps	Help with chores

Activity Cards for Get Moving Relay or Charades

Hip Hop
Dance

Walk to and
from School

Activity Cards for Get Moving Relay or Charades

Hockey or
Ice Skating

Take the
Stairs

Activity Cards for Get Moving Relay or Charades

Basketball

Carry in
Groceries

Activity Cards for Get Moving Relay or Charades

Volleyball

Sweep
floors

Activity Cards for Get Moving Relay or Charades

Marital arts-
Karate, Judo,
Tae Kwon Do

Skateboarding

Activity Cards for Get Moving Relay or Charades

<p>Play Soccer</p>	<p>Play on a Swing</p>
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Activity Cards for Get Moving Relay or Charades

Ride Bikes

Toss a
Frisbee

Activity Cards for Get Moving Relay or Charades

Jump Rope

Play Catch

Activity Cards for Get Moving Relay or Charades

Tennis

Play
Hopscotch

Activity Cards for Get Moving Relay or Charades

Swim Laps

Help with
Chores

TUNE OUT CHALLENGE

For each day, list the TV shows that you watch. Below, write down the videos you watch, video games you play, or what you like to do on the computer. Then, name 3 things you could do instead.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV show #1							
TV show #2							
TV show #3							

Movies or video games that I like: _____

How I use the computer: _____

What I could do instead of watching TV, playing videos or using the computer:

1. _____
2. _____
3. _____

TUNE OUT CHALLENGE

Dear Parent/Guardian,

Today your child accepted the challenge to **Turn off the TV** for at least one favorite show! This is a great way to **lower TV or other screen time** and **start using the body and mind!**

We need **your help** in supporting your child in this effort!

Your child, and the other children in the afterschool program, came up with a list of things to do instead of watching TV. Please talk to your child about his or her ideas, or come up with some ideas for the whole family! You could play a board game, take a walk, or involve your child in the evening chores.

If you want more ideas about how to lower TV viewing, video games, or computer play in your home, just ask me! Here are some tips:

1. Limit TV and other video screens to less than 2 hours a day
2. Do not allow a TV in the room where your child sleeps.

If your family already watches less than 2 hours of TV a day, keep it up! Please share your ideas for limiting TV with us so that we can help other families make such a great step towards good health!

Sincerely,

[Insert your name and phone number]

[Insert your Program's name]

DESAFÍO: APAGUE EL TELEVISOR

Estimado Padre/Encargado:

Hoy su hijo/a aceptó el reto de Apagar **el televisor** durante al menos uno de sus programas favoritos. Este reto es una excelente manera de **reducir el tiempo frente al televisor u otras pantallas y comenzar a usar el cuerpo y la mente.**

Solicitamos que **nos** ayude a apoyar a su hijo/a en este esfuerzo.

Tanto su hijo/a como los demás niños en el programa después de clase, hicieron una lista de actividades que pueden realizar en lugar de ver televisión. Por favor, hable con su hijo/a sobre sus ideas, o piense de sus propias ideas para toda la familia. Podrían jugar un juego de mesa, dar una caminata o interesar a su hijo/a en actividades de la casa como cocinar.

Si desea obtener más ideas sobre cómo reducir el tiempo frente al televisor, los juegos de video o juegos de computadora en su hogar, no dude en preguntarme.

Aquí hay algunos consejos:

1. Limite el tiempo frente al televisor y otras pantallas a menos de 2 horas diarias.
2. No permita que su hijo/a tenga un televisor en la habitación donde duerme.

Si su familia ya ve menos de 2 horas diarias de televisión, ¡sigan haciéndolo! Por favor, comparta con nosotros ideas sobre cómo limitar la televisión, para que podamos ayudar a otras familias a dar ese gran paso hacia la buena salud.

Atentamente,

[Insert your name, phone number, and Program name]