



Back to School with *Power Play!*

Eat Healthy, Be Active, Have Fun

DID YOU KNOW THAT WHEN YOUR STUDENTS EAT A HEALTHY BREAKFAST THEY HAVE MORE ENERGY AND DO BETTER IN SCHOOL?

What you can do:

Encourage your students' parents to participate in your school's free and reduced priced breakfast. Many parents may not know about your school's program.

DO YOU NOTICE YOUR STUDENTS GET TIRED OR DISTRACTED IN THE MIDDLE OF A LESSON?

What you can do:

Take a physical activity break! These mini-exercises will **ENERGIZE** your students and get them to focus. Turn the page for a great example of an Energizer to use!



For more fun ideas and tips, please contact your **Children's Power Play! Coordinator**, Deb Harris at (707) 584-5810
Website: www.northcoastnutrition.org



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.

Example: Stop and Scribble

READY: This energizer combines academics and power play into one fun activity.

SET: Compile a variety of math problems, spelling words, etc. for use in the activity

Make a master copy of the answers for use at the end of the activity

- GO:**
1. Pair students up, giving each pair a piece of paper and a pencil.
 2. Call out an activity, such as: Hop in place, twist, jumping jacks, knee lifts, march in place, jog in place, swimming motion with your arms, push-ups, etc.
 3. Students begin doing the activity and continue until you call out a math problem (such as $1+5$, $9-3$, 2×5), spelling word, nutrition trivia, geography, science, etc.
 4. Students should stop the activity and work together in their pairs to come up with the correct answer. Once students write down the answer on their piece of paper, ave them resume the physical activity.
 5. After 10-15 seconds (or when all the students have written down their answers and have resumed the activity), call out a new physical activity and a new problem.
 6. Continue until all problems are completed or until the “energizer” time has ended.
 7. As students stretch to cool down and return to their seats, write the correct answers on the board, so they may check their work. Remind students that doing power play every day will help them stay energized and better prepared for learning.

*You can allot as much time as you want or modify the energizer to fit your classroom's need.



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