

Teacher Tip Sheet

As part of the Kohl's Healthy Halls School Wellness Program, we want to make sure teachers have the resources they need to teach students about making healthy choices. Here are eight simple ways to incorporate the Strong4Life Healthy Habits into a typical school day.

1. Be a role model by eating healthy snacks, such as apples, and drinking water throughout the day.
2. Reward students for an assignment well done or class participation with stickers, stamps, extra time for recess or physical activity, or other fun items instead of rewarding them with candy or other foods.
3. Incorporate physical activity into your classroom's daily routine, particularly after long periods of sitting. Studies have shown that regular physical activity can improve students' behaviors and academic achievements. **Examples include:**
 - Incorporate movement into lesson plans. Math is a great example: Do five jumping jacks and count aloud. Ask them a division or multiplication problem. Use the answer to have them run in place for that many seconds.
 - Add five minutes of activity three times a day. This will boost your students' physical activity by 75 minutes every week.**Use activities such as:**
 - ✓ Running in place
 - ✓ Jumping jacks
 - ✓ Open arms and make large circular motions
 - ✓ Pretend to jump rope
 - ✓ Touch shoulders, knees and toes
 - ✓ Jump up and down on one leg and then switch legs
4. Whenever possible participate in physical activity with the students.
5. Help students brainstorm ways they can be active after school and at home. The next morning, follow up by asking students what they did to be physically active after school.
6. Use other forms of discipline rather than removing physical activity from their daily routine.
7. Encourage your students to drink water throughout the day. If your school doesn't allow students to carry water bottles, advocate for it at your school.
8. Talk about the Strong4Life Healthy Habits in regular conversations, and encourage positive dialogue around making healthy choices. **For example:**
 - As the class passes by a water fountain or while they wait their turn to get water, remind them of the healthy habit: drink more water and limit sugar drinks.
 - While working with computers in class, remind students to limit screen time to one hour at home and to be active.
 - As they go to the cafeteria for lunch, ask them to think about different types of veggies and fruits. Remind them to fill half their plates with veggies and fruits of all colors.

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Healthy Choices for Healthy Kids



Make *half* your plate
veggies & fruits

Be active for
60 minutes



Drink more water
& limit sugary drinks

Limit screen time
to **one hour**



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