

School Age Programming Ideas

NEW EATING EXPERIENCES

Choose 1 day a month to try a different type of food. Go through cookbooks with the kids and put together a shopping list of international foods aisle items.... Or, go to the produce department to find fruits and vegetables from other countries to try.

As the children try the new food, talk about how they are the same or different from what they usually eat. What are the different tastes? What are the different ingredients?

PLAN A HEALTHY HEART DAY! (Read this, it's fun!)

Celebrate a "healthy" heart with fun, aerobic activities that get children up and moving. You may want to set up several skill stations; this is an idea adapted from Celebration Games: Physical Activities for Every Month (2006 Human Kinetics).

STATIONS CAN INCLUDE:

Step Aerobics Station: Set up four or five step aerobic steppers and music.

Healthy Heart Station: Demonstrate several aerobic exercises and have children perform three aerobic exercises of their choice at this station (ie. jumping jacks, jumping rope, jogging in place)

Cholesterol Game: Pictures of both high and low cholesterol foods are taped down. Children throw beanbags underhand from a throw line at low cholesterol foods

Blood Pressure: Make a sign that says "normal blood pressure 120/80" and tape down pictures of things that can raise blood pressure such as smoking, unhealthy foods, lack of exercise and stress. Children THROW BEANBAGS UNDERHAND from a throw line at the things that will raise blood pressure. (You can put point values on targets and total points)

A healthy, yummy snack table at culmination of activity.

Divide the children into groups and disperse them evenly among the stations. Place them in a numerical order and have them keep this order for all stations. Set the number of tries for each turn and announce when it is time to rotate to the next station. Leave ample space between stations and advise children not to stand in the throwing areas. Adapted and expanded upon from: School-age Note of the Day- 2/5/07 schoolagenotes.com

HEART BEATS...

Can you find or borrow one or two good quality stethoscopes?

Show children how to use the stethoscopes to listen to their heartbeat. Show them how to tap out the rhythm of their heart: lub-dub-lub-dub.

If young—Ask children if they can think of any way to change how fast their hearts are beating.

For all kids—Have them jog in place for several minutes, then have them recheck the rhythm beats of their hearts.

Extended Activity:

Are any of your parents or friends a nurse or doctor? Ask him/her to visit your group and bring in a stethoscope. Have the visitor talk to the kids about keeping their hearts strong and healthy. (With exercise, good food and sleep!)

MEMORY GAME

1. On one of the first days of school – take each child’s picture.
2. Make double prints and laminate each photograph.
3. Make a Memory Game out of the pictures of the kids. (The children would play the game of Memory just like the regular game)

After a few weeks, save one copy of photos for your program ‘Memory Book’ or if this is for a classroom—give to parents!

Cut the other set of photographs and make a personal puzzle for each child. Submitted by Ilene/California

SAY SOMETHING NICE...

On “Say Something Nice Day’ notice something you like about a person and tell them. Declare a day in your program that this is Say Something Nice Day. Each participant promises to approach one person that day and finish the sentence:

“One of the things I like about you is _____.”

When you are back together at the end of the day, share your experiences.

BACK WRITING & DRAWING

One person sits with his back to another. The other person, using their fingers, “draws” a letter on the person’s back. At the same time, that person draws on a piece of paper what they think is being drawn on their back.

RAIN

The group sits in a circle. The leader starts by rubbing their hands together. The person to the right does the same and so on— until everyone is doing the action.

When all are rubbing their hands, the leader starts a new sound, finger snapping, then hand clapping, next slapping thighs, try foot stomping. To END the storm, reverse the actions. At the end, the group one by one stops rubbing hands and sits and waits for the action to be completed by the group.

A SOUND IDEA

Make a tape of sounds from the environment. Example: crickets chirping, cell phones ringing, water running, a thunderstorm, and a kitty meowing. When the tape is played the students are asked to identify what the noise is. Keep a numbered list for your own reference so you don’t forget what’s on it. The younger children especially like this activity.

GROUP STORY

You can do this on paper, or use a recorder to tell the story aloud. Have each person sit in a line or circle and take turns telling a small part of a made-up story. The first person in line starts the story and stops after a specific period of time. The next person in line picks up where the first left off, continuing the story. You can write it down and then read it aloud, or record it with a tape player or digital recorder and listen to it when you’re finished. It’s sure to get a few laughs!

[\(https://kidactivities.net/79-sponge-fillers-transition-and-line-up-for-kids/\)](https://kidactivities.net/79-sponge-fillers-transition-and-line-up-for-kids/)