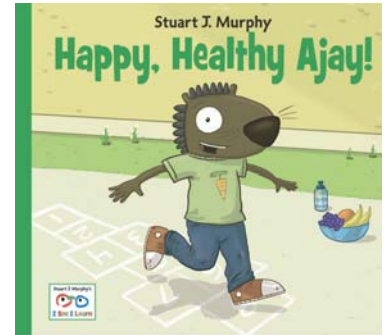


Recommended Book

“Happy, Healthy Ajay!” by Stuart J. Murphy

Book Summary: Ajay wants to be strong and healthy, so that he can run fast with his friends. He starts eating healthy meals and snacks, drinking plenty of water, and staying physically active by playing games with his friends. Ajay starts to feel great and is able to run fast!



Lesson Objectives

Children will:

1. Explain the importance of being physically active.
2. List the things to do to be healthy including eating healthy food, drinking lots of water, being physically active, and getting enough sleep.
3. Discuss ways to be physically active.
4. Practice being physically active.

Activity Summary

Students will have the opportunity to try out different physical activities, just like Ajay does in the book. See reverse for materials, prep-work, and “Dancing Dice” directions.

Lesson Format

1. Discuss with children their ideas on what it means to be physically active.
2. Read book aloud to children. Optional: Visit www.choosemyplate.org. Discuss examples of healthy foods in all food groups on MyPlate.
3. Discuss the changes Ajay needed to make in order to run fast with his friends. Guide answers to highlight:
 - a. Eating healthy meals
 - b. Playing for physical activity
 - c. Drinking lots of water
 - d. Enjoying healthy snacks
4. Use the following questions to guide a discussion:
 - a. What things did Ajay do to be physically active? Highlight that he played outside with his friends, including tag and hopscotch.
 - b. What are some other things that Ajay could have done to improve his health?
 - c. What are some of your favorite activities that help you to be physically active?
 - d. What can your class or family do together to become more physically active?
5. Play the game, “Dancing Dice”, pointing out that physical activity is fun!

Materials

- Recommended book
- “Dancing Dice” supplies
- Supplies for an optional reinforcement activity selected from the Activities Appendix

Prep-Work

- Follow directions to prepare dice for “Dancing Dice” activity.

Dancing Dice

Supplies

Foam cube *OR* small box *OR* assemble your own cube using 6 pieces of cardboard (6 inches square)
Newspaper (several sheets)
Tape
“Activity Cards” found in Materials Appendix

Assembling Cube

Tape the cardboard squares together forming a cube.
Stuff with crumpled newspaper for stability.

Directions

1. Tape one “activity card” to each side of the cube.
2. Have children form a circle.
3. Let first child roll the dice.
4. Have children practice the rolled activity for 30 seconds.
5. Give several or all children a turn to roll!

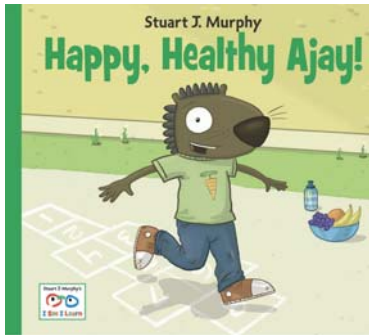
Estimated Time:

- * *Completing pre-work: 45 minutes*
- * *Completing lesson: 45 minutes*
- * *Completing reinforcement activity: 30 minutes*



READ FOR HEALTH

Happy, Healthy Ajay!



Your child learned the importance of being physically active as we read the story of Ajay, who wants to be healthy and strong so he can run fast with his friends.

Did You Know...

- Physical activity can take place anywhere. Any activity that gets your body moving and heart beating faster is physical activity.
- Children need at least 60 minutes of physical activity per day. This activity can be nonstop or in segments of at least 10 to 15 minutes.
- Active children have a better focus and attention span. Activity also improves behavior.
- Many schools do not give children time for recess. Get involved in your child's school wellness team and help make a change!
- President Barack Obama and First Lady Michelle Obama made increasing physical activity for children one of their most important concerns while in office. Check out the following websites to learn more about what they are doing to encourage physical activity:
www.letsmove.gov
www.presidentschallenge.org



Tips on Getting Your Family Moving!

Instead of watching TV or playing video games, plan something fun and active for the family. Let your children see you move!

- Turn on your favorite music and have a dance party!
- Run through the hose or a sprinkler.
- Take a walk to a nearby park or playground.
- Play a game of tag.
- Visit the local community center for activities and team games.
- Walk around a farmers' market.
- Invite neighbors and friends to join you for a team game.

Take Action!

Create your own "Family Fitness Challenge". Set specific physical activity goals that you and your child can strive to achieve together. Keep a log of your progress. Here are some ideas:

- Walk for 20 minutes; 3, 5, or 7 times a week.
- Agree to use the stairs and not the elevator.
- Choose a tip from the list above.



