



Tips for Success

For Teachers, From Teachers



How other teachers successfully complete physical activity & nutrition lessons:

- Take time to read the lessons ahead of time.
- Don't be afraid to add things or adapt the lessons for your students.
- Integrate the lessons into your overall curriculum; schedule them on a specific day (i.e. every Wednesday).
- If your students do not want to participate, try the lessons in a different way or in a smaller group.
- If your students are getting frustrated with a lesson do some problem solving in group time – have the students come up with ways to make the lessons work.
- Put the lesson cards with the appropriate equipment.
- Some children get distracted and prefer to go off and play on the playground equipment during an outside physical activity lesson. Overcome this by doing a short structured physical activity *every day* during outdoor time. Establishing this routine greatly improves the children's ability to concentrate.
- Repeat lessons as an “option” during small group activity time - students will wait in line for a shorter time.



Animal Yoga



Zesty Cereal Snack



Lummi Sticks