



2 Step in the CLASSROOM



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2 Step 4 Kids is a great way to teach children healthy habits. Bring the principles of the Louisiana 2 Step program into your classroom to keep students motivated to *Eat Right* and *Move More* every day.

Eat Right Activities



- Hold a healthy-recipe version of Show and Tell
- Start a Clean Plate Club — reward students who try new healthy foods
- Create a class list of healthy food substitutions and log when better choices are made; reward students when possible
- Ask a local chef to hold a cooking demonstration
- If computers are available, allow kids to play Gobblin' Gator.
 - A) Q & A: Why he wouldn't eat certain things
 - B) Discuss the importance of eating the right food groups
 - C) Have kids create posters on the various food groups; encourage them to learn about Louisiana products
 - D) Use Mypyramid.gov as additional resource
- Use the **Try It** page at 2Step4Kids.com as a guide to select good foods that kids can create posters or reports on — focus on the foods' health benefits

Move More Activities



- Use pedometers and the **Step It Up** feature at 2Step4Kids.com to log steps; incorporate into math/science/health classes
- Encourage walking at lunch by setting up school goals
- Set school fitness goals like walking across the state in steps
- Incorporate stretching into long study sessions
- Invite fitness trainers, dancers or aerobics or yoga instructors to teach the class new ways to move
- Remind kids that an hour of P.E. counts as moving for 60 minutes; they should mark their **Daily Groove** calendar for the day
- Choose a question from the **Going Strong** quiz and write it on the board at the beginning of class daily or weekly. Have kids answer for a bonus or reward then discuss the topic for a few minutes as a warmup

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2Step4Kids.com
LOUISIANA2STEP.COM

For more ideas like these, visit the Teacher's Corner at www.2Step4Kids.com. You can also share **your** great ideas with other teachers.

Monthly Activity Suggestions

Teachers may select or alter an activity based on the class' age, subject or activity level.

Look for more ideas from



teachers like you at the 2 Step 4 Kids



Teachers' Corner

and don't forget to submit your great ideas as well!



MONTH	ACTIVITY
August/ September	<p>Back to School</p> <ul style="list-style-type: none"> Set up 2 Step Teams for each class and determine school/class goals Initiate six-week walking challenge using pedometers, pedometer instruction sheets and the Step It Up log at 2Step4Kids.com 
October	<p>Halloween</p> <ul style="list-style-type: none"> Use Halloween to illustrate nutrition and burning calories (ex. how much activity does it take to burn off a candy) Encourage sugar-free candy Discuss dental health
November	<p>Thanksgiving</p> <ul style="list-style-type: none"> Hold an "I'm thankful for good health" poster contest Encourage kids to talk to their parents about making some of their favorite holiday dishes healthier Assign reports on fall veggies and/or foods at the first Thanksgiving 

MONTH

ACTIVITY

December	<p>Winter Holiday</p> <ul style="list-style-type: none"> Make ornaments showing healthy foods Decorate the classroom with strings of popcorn, cranberries etc., then discuss the benefits of eating healthy snacks
January	<p>New Year's Resolutions</p> <ul style="list-style-type: none"> Hold an essay or poster contest "A Year of Good Health" Encourage setting new goals at 2Step4Kids.com 
February	<p>American Heart Month</p> <ul style="list-style-type: none"> Discuss the importance of the cardiovascular system and how food and activity affect it Take pulse/heart rate before and after exercise Hold a Wear Red Day at school 
March/April	<p>Spring Activities</p> <ul style="list-style-type: none"> Hold a Spring Fun Run for the class or the whole school; consider raising money for an appropriate charity Make and fly a kite (decorated with good health messages) Take a field trip to local agricultural centers, arboretums, community gardens or farms Plant a small vegetable or herb garden at school; plant small indoor plants such as herbs in the classroom; give the kids instructions on planting a small garden at home 
May	<p>National Physical Fitness and Sports Month</p> <ul style="list-style-type: none"> Take a field trip to a health club, YMCA or a fitness center to learn about the various types of fitness Set up a field day <p>End of School Year</p> <ul style="list-style-type: none"> Hold an awards ceremony Issue summer challenge to use the 2Step4Kids.com website to continue good habits all summer long  
Year 2 August/ September	<p>Back to School – Year 2</p> <ul style="list-style-type: none"> If the kids have been Doing the 2 over the summer, start the year with an assignment to write an essay or make a presentation on what they did Allow kids to interview each other as a project Read the best reports/accomplishments during morning announcements