



Promoting Jump Up and Go! in Your Class or Program

Getting your school or youth-serving organization involved with Jump Up and Go! doesn't need to be complicated or expensive. Make it easy, make it fun, but most importantly, make it happen.

We have enclosed activities, posters, and lesson plans for your use in promoting the 5-2-1 message throughout your school or organization. The activities and lesson plans can be implemented in a classroom or small-group setting, or school- or organization-wide.

Tips for Promoting the Overall Program

To promote Jump Up and Go! in your classroom or organization, you can:

- Put up the enclosed posters in your school or organization's hallways and rooms.
- Create a 5-2-1 bulletin board. Update it monthly or quarterly with displays featuring:
 - student art work
 - seasonal fruits and vegetables
 - seasonal activities

Tips for Promoting the 5-2-1 Message

There are three easy-to-remember parts of the Jump Up and Go! message: 5-2-1. By promoting eating 5 servings of fruits or vegetables a day, keeping screen time down to less than 2 hours, and getting 1 hour of physical activity each day, you are creating a healthier learning environment and helping kids build habits that will last a lifetime.

Here are some effective tips to promote each component of the 5-2-1 message.

Five A Day Is the Healthy Way

Getting kids interested in healthy eating is easier when everyone is involved.

- Partner with the food service director and highlight a fruit and vegetable of the month in the cafeteria, or experiment with trying a baked potato or yogurt bar. Kids can build their meals with healthy, low-fat toppings. Keep the serving containers small so that children learn about appropriate portion sizes.
- Create unique fundraising tools. Develop a healthy cookbook based on the cultural backgrounds of your students, then sell the book as a fundraiser. This is also a great way to get parents involved with the Jump Up and Go! program.
- Many kids have no idea where their food comes from. Check out the possibility of working with a local farm to arrange an educational visit. If you don't have a farm nearby, find out whether your city has an urban gardens program.

Get Going

- Conduct a taste testing. Do a quick survey about fruits and vegetables and see what your kids are interested in. Check out the book *Eating the Alphabet* by Louis Ehllert. Or, create a list of questions for discussion, and bring in the vegetables and fruits associated with the discussion questions. Some questions might include:
 - Has anyone ever seen an ugly fruit?
 - What’s an oyster plant?
 - Is an avocado a fruit or a vegetable?
 - What’s the difference between a fruit and a vegetable?
- Incorporate a Planet Health or Eat Well, Keep Moving lesson into your existing core curriculum. (See the Lesson Plans section for sample lessons.)
- Provide your students with healthy foods for snack time and classroom parties.
- Grow fruits and vegetables in your classroom with a window-box or other plantings.
- Ask your students to share fruits or vegetables associated with their family’s cultural background. Have each student prepare a short presentation about that item along with how it’s usually prepared at home.

Two or Less for Success

There is a lot to be said for the benefits of television and computers. But when the sedentary habits they encourage start to outweigh the benefits, it’s time to rethink how kids use their screen time. Here’s how you can involve your class in taking a new look at what’s on:

- Have a Jump Up and Go! Challenge in your classroom. (See the Activities Section for more details on the Challenge.)
- Have each child start a journal of his or her activities. Log in the amount of time spent in front of the screen, and then go over the results. Try to reduce the amount of time by 15 minutes per week.
- Have a discussion/bulletin board highlighting activities to do instead of watching television or playing video games.

One or More Builds a Strong Core

Ensuring that kids get a solid hour of physical activity each day is key to long-term good health and more effective learning. To promote this part of the **5-2-1** message, you can:

- Lead a morning or afternoon stretch
- Develop a “Walk Across Massachusetts” (or the US) activity. Post a map of the state or the country, and then, using a pedometer, chart your progress by measuring how many steps you take in a day. Take a classroom average, and then follow your progress by converting the map’s scale to an analogous number of steps. The Massachusetts Governor’s Committee on Physical Fitness and Sports has the materials to help you get started. Just click on www.govfitness.com.
- Be a role model—talk about your favorite fitness activities and why you enjoy them. You can also lead a walking or cycling club at your school.



Get Going

- On a bulletin board, post photos of teachers engaged in their favorite physical activities. Consider using photos from teachers' pasts, and have a contest to see if the students can guess who's who.
- Encourage activities, such as yoga, tai chi, jump-rope, and tag games, that don't require a gym or special equipment.
- Plan a field day with different obstacle courses or games for the children to play.
- Sponsor a health fair and invite the community to participate. It's a great way for community partners to highlight their businesses.
- Encourage fundraising that promotes physical activity, such as:
 - Jump-rope-a-thon
 - Step-a-thon (like a walk-a-thon, but counting steps instead)
- Support recess or some other organized form of daily activity in your school or program.

