

# Staff Pages

This Week's Topic: **Choose Your Fun**  
This Week's Lesson: **A Trip to the Aquarium**

Today in your classroom children learned why it is important to **turn off the TV and be active instead.** The American Academy of Pediatrics recommends that children watch no more than one to two hours of quality TV and videos each day. They also recommend that TV and other visual recording should not be used with children under two years of age.

- On the back of this page is your lesson plan for this week's lesson, a story in motion called "A Trip to the Aquarium." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

## 5 Ways to Choose Fun in Your Classroom



1. Explain to children that it's important to **sit less and move more** in order to stay healthy.
2. **Turn on some lively music** and dance, dance, dance!
3. **Go outside for a walk**, have the children describe what they see. Note the difference in the flowers, plants and trees that they see as the seasons change.
4. **Create an indoor parade.** Have the children march around the center. Give them streamers or strips of crepe paper to wave during their parade.
5. Put on some peppy music and **form a conga line.** Lead the children around the classroom and into the hallway.



For more EWPHCCS lessons go to: [http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs\\_curriculum/index.htm](http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm)

## This Week's Lesson: A Trip to the Aquarium

**Goals & Objectives:** To increase the knowledge and awareness of the importance of helping children choose healthy activities and reducing screen time.

**Prep Time:** 5 minutes

**Activity Time:** 20 minutes

### Preparation for Activity

- Clear a play area for the children, moving hard furniture and objects out of the way. Read the story out loud.
- When an underlined “action” word or phrase is read, have the children demonstrate the action for 15-30 seconds.
- Refrigerate a pitcher of water. Set out a cup for each child.

### Activity

1. **Ask the children what they remember from your nutritionist’s visit.** Remind them of the following points:
  - Screen time means time watching TV and videotapes and playing video and computer games.
  - Screen time reduces the time they could be playing and doing other fun activities.
  - Being active every day is healthy.
2. Hi! Today we are going to the aquarium. Put your shoes on and start **walking!** I’m so excited, I can’t wait! Let’s **jog** so we get there faster! Keep your arms close to your body and your feet in place. Come on, faster.
3. We’re here! Oh my, look at all the sea creatures!! Look, there are penguins! See them waddle. We can **waddle** too!
4. Look at all the different creatures in that tank! The crabs are doing the crab walk. We can do the **crab walk** too! Let’s do it now.
5. OOH, there’s an eel slithering around. Put your hands together and we will **slither** like the eel.
6. I see so many different kinds of fish swimming. We can swim too! Let’s do the **front crawl**. Now we can do the **back stroke**.
7. Look! There’s a ray. It looks like a giant underwater bird flying. We can fly too. **Flap your arms** like a bird.
8. Oh my gosh! There’s a whale jumping out of that big tank! Let’s try **jumping** too! That whale got us wet! Let’s take our towel and dry off. We need to **twist our bodies** so the towel will dry our backs.
9. Well, it’s time to walk back from the aquarium. I had fun, did you?
10. Encourage the children to have a cup of water. “Water is great to drink when thirsty.”

### Options

- Have pictures of the different creatures as props.
- Have the children go to the zoo instead of the aquarium. Have them wave their elephant trunks, reach to pet the giraffe, jump like a kangaroo, thump their chests like a gorilla, slither like a snake.

### Extension Activity

Have the children draw a picture of their favorite sea creature or animal.

## Dear Parent,

Your child is learning the importance of choosing healthy activities and reducing screen time. Screen time means time watching TV and other visual recording and playing video and computer games. Screen time reduces the time that they could be playing and doing other fun activities.

**Home Activity:** Read a book to your children or tell your children a story, and have them act it out.



### Tips

-  They learn from watching you. Watch less TV and your children will too.
  -  Make meals and memories together. It's a lesson your children will use for life.
  -  Make play time a family time. Walk, run, and play with your child.
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# Have Fun with Your Child!

-  Play outside with your child every day.
-  Cook together. Eat together. Talk together. Make mealtime a family time.
-  Enjoy music. Sing and dance together.
-  Read or tell your child a story that they can act out.



Today instead of screen time, my child and I \_\_\_\_\_.