

## Together Counts™ Activity Sheet

School to Home - Winter 2017

### Taking Care of Me & You

As the school year progresses, personalities begin to shine. Friendships in your classroom strengthen and conflicts between students may become more frequent as everyone grows more comfortable in their surroundings. With part of the school year behind you and even more to look forward to, winter is a great time to really focus on relationships in your classroom and at home. This printable sheet will help you work on setting goals based on students' relationships with themselves and others in order to strengthen your classroom community and take better care of "me and you."

Use the activity ideas below to help students adopt healthy habits at school and at home.

### At School Activity 1: Movement Buddies

Sometimes all a child needs to become more physically active is the encouragement of a classmate. A simple suggestion to play basketball or an invitation to a game of tag will get children on their feet. Moving seems much more fun when it involves a friend, and it's a great way to strengthen the physical wellness side of our wellness triangles. (See the Together Counts [curriculum](#) for help in introducing the concept of the wellness triangle to your students.)

In your class, introduce the idea of *Movement Buddies*: designated friends for each day of the school week who will encourage their partners to move at recess! At the beginning of every week, set a timer for three minutes. During that time, students must find a peer to be their Monday Movement Buddy, brainstorm activities they could do together at recess and set a goal for the number of minutes that they will move. After three minutes, encourage students to find their Tuesday Buddy, then their Wednesday Buddy and so on. Challenge your students to find buddies with whom they may not normally play.

In just 15 minutes, students will have set movement goals for the week and will have peers to encourage them to meet these goals. Try to hold students accountable for quickly evaluating whether they met their goal each day. Seeing whether or not their goal was completed over the course of the week will help students set realistic goals and motivate them to achieve them!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Movement Buddy:</b> _____	<b>Movement Buddy:</b> _____	<b>Movement Buddy:</b> _____	<b>Movement Buddy:</b> _____	<b>Movement Buddy:</b> _____
<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____
<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes
<b>Complete?</b> Yes No	<b>Complete?</b> Yes No	<b>Complete?</b> Yes No	<b>Complete?</b> Yes No	<b>Complete?</b> Yes No



## At School Activity 2: Me and You

At this point in the school year, friendships have formed and students naturally gravitate more towards these friends than their other peers. Learning how to communicate with, play with, and respect all of their classmates is an important part of the social wellness side of the wellness triangle. While these positive social behaviors may come naturally when concerning students' best friends, it can be more difficult when it comes to people outside of this close circle.

Challenge your students with the task of doing one kind thing for their Movement Buddy each day. Explain that feeling appreciated *and* taking the time to appreciate and care for others is an important part of wellness. As a class, brainstorm ways that the students can show kindness to others. Inviting their buddy to sit with them at lunch, taking the time to learn more about them, or even giving them a smile are all great ways for students to show that they care. Try to keep this list available somewhere in the room as a reminder for students of this important goal. As time allows, encourage students to share *how* they experienced kindness that day. This will serve as a great way to open a line of communication about our actions, while also giving students ideas for how to be kind tomorrow.

## At School Activity 2: My Hopes

In order to maintain a healthy, balanced and strong wellness triangle, students must also take care of their mental/emotional wellness. Equally important to a child's physical wellness and social wellness is wellness related to their minds and feelings. So this winter, give students a little time for self-reflection. In our busy lives it is important to allow students a time to think about their own strengths and weaknesses, and develop their own hopes for the months ahead.

As a class, discuss why we set goals for ourselves. How do they help us become better? Then allow each child time to develop their own hopes (i.e. goals that they *hope* to achieve) for the remainder of the school year. Encourage students to develop one academic hope and one non-academic hope for the remaining half of the school year. Stress the importance of being specific and attainable. For example, while it's unlikely that a child will read for hours every night after school, at least 20 minutes certainly sounds realistic!

Encourage students to write down their hopes and then draw a picture of themselves achieving their goal. Once the hopes are recorded, hang them in a special place in your classroom so your students are reminded of them every day.

Student's signature \_\_\_\_\_

Parent's signature \_\_\_\_\_

Coach's signature \_\_\_\_\_

**Together Counts™ Activity Sheet**  
*Home to School - Winter 2017*

**Taking Care of Me & You**

In school, your child has been learning how to take care of themselves and others in order to strengthen their physical, social, and mental/emotional wellness. As you enter 2017, connect what your child is learning in school to your life at home by using the activities below to promote positive and healthy relationships in your family. Then set goals to help your child—and your family—achieve an active, healthy lifestyle!

**At Home Activity 1: You Move; I Move**

Setting goals that promote movement with an activity partner can help you and your family strengthen all sides of their wellness triangles as you become more active together. (The wellness triangle includes physical wellness, social wellness, and mental/emotional wellness. A strong and balanced wellness triangle helps you lead a healthy, active life!)

In school, your child has selected a Movement Buddy for each day of the school week. Now let's do the same at home! Pick a day to have a weekly family meeting. Nights when you know you are usually able to have dinner together may be a good place to start. At the meeting, have your child cut out the Goal Tracker below. (They will recognize it from school!) It is then your family's job to choose at least three days on a weekly basis when your child and one other family member can be active together. Write down the names of the family members who will participate, activity ideas, and for how long you hope to complete the activity.

Then place the tracker in a prominent location. Encourage your child to mark whether your goal was met on the appropriate days. At the following week's family meeting, think about what worked well, what could be improved upon, what was fun, and what might need a change -- and complete a new Goal Tracker for the following week. Before too long, participating in physical activities together should become routine

## You Move, I Move – Family Goal Tracker

Days of the Week				
_____	_____	_____	Bonus: _____	Bonus: _____
<b>Names:</b> _____	<b>Names:</b> _____	<b>Names:</b> _____	<b>Names:</b> _____	<b>Names:</b> _____
<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____	<b>Activity Ideas:</b> _____ _____
<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes	<b>Activity Goal:</b> _____ minutes
<b>Complete?</b> Yes No	<b>Complete?</b> Yes No	<b>Complete?</b> Yes No	<b>Complete?</b> Yes No	<b>Complete?</b> Yes No



### At Home Activity 2: You Care; I Care

Social wellness, which is our relationships with others, is an important part of the wellness triangle. Being able to communication with others, being dependable, and supporting those we are close to is a fundamental part of our wellness. While we tend to be careful of how we treat our friends, our relationships with our families are often the first thing affected when we're tired or grumpy or have had a bad day.

To promote social wellness in your family, put each family member's name into a hat or bowl. At the beginning of every week, have each person secretly grab a name. The name you draw will be your Secret Friend for the week. It is then your job to do something kind for your Secret Friend every day. Before you get started, it may be a good idea to brainstorm some ideas together. Remind your family that these acts of kindness don't have to be anything over the top. A compliment, offering to help set the table, or keeping a promise are all examples of how to be a good "friend."

At the end of every week, have the members of your family guess their Secret Friend before you draw new names for the upcoming week. Doing this will not only strengthen this side of your wellness triangle, but it will also help positive actions become second nature in your home!

### At Home Activity 3: Me-Time

The third side of the wellness triangle is mental/emotional wellness-- and it's a side that easily gets overlooked. To give this side of the wellness triangle the attention it deserves, make a goal to begin Family Journal Time. Pick a time of the day when everyone is usually home, whether it's Tuesday night right after dinner or Sunday afternoons. Set the timer and for at least half an hour encourage every family member to quietly write or draw in their own personal journals. Children may draw pictures about their week, write about their dreams, or simply describe what happened that day. The important thing is that everyone has a full 30 minutes to sit quietly and reflect individually. Having this quiet half hour of reflection weekly will allow your entire family to mentally regroup, think seriously about themselves and strengthen the mental/emotional side of their wellness triangle!



The \_\_\_\_\_ family completed the following Together Counts™ activities:

\_\_\_\_\_ You Move; I Move      \_\_\_\_\_ You Care; I Care      \_\_\_\_\_ Me-Time