



**Together Counts™ Activity Sheet**  
**Home to School**  
**Winter 2016**

***Small Goals, Big Changes!***

Goal-setting often seems to be easier said than done. But it doesn't need to be this way! In school, your child has been learning how to achieve goals and celebrate accomplishments. Now it's time for you to give this a try at home! Your child has already been tracking their physical activity throughout the day. To help your child—and your family—continue to set and achieve goals for an active, healthy lifestyle, complete the activities below together as a family. Once you've completed these activities, check off the boxes and return the sheet to your child's teacher.

**At Home Activity 1: Move it!**

With your child, discuss active activities that your family enjoys—or may enjoy giving a try! Try to come up with a list of at least five or six activities that would be realistic for you to complete together: a family bike ride, a dance party or a game of soccer are all active! Once you have a list, ask your child to select one activity that you will tackle first.

Now develop a goal to complete 30 minutes (or more) of your chosen activity over the following week. Schedule a specific time for your family to accomplish this goal (or a few separate times if not everyone can do it together). Record the activity on your family calendar, in your phone, or in a note on the fridge—wherever your family puts important reminders.

Once you've accomplished your first goal, increase your goal for the following week and strive for two separate 30-minute sessions of an activity. You could complete the same activity as Week 1 or a try something different. Don't be afraid to try new things!

For Week 3, increase your goal once more – and schedule three different 30-minute (or more!) sessions.

After Week 3, discuss what your future goals should be. Should you continue your three thirty-minute activity bursts or do you think your family can strive for more? Was there an activity that your family liked better than others? Is there one you still want to try? Make sure to listen to everyone's opinion. No matter what you decide, make a point to schedule your activities. It's fine to move your plans if you have to—but you're more likely to accomplish them if you pencil them in!

**At Home Activity 2: Eat the Rainbow**

Every family has at least one picky eater, and even the most adventurous of eaters can get stuck in a rut. For 2016, make it your family's goal to get out of that rut and add color to your plate! Eating the colors of the rainbow is an easy way to make sure your body is getting the variety and the nutrients that it needs to thrive. This winter, make it your family's goal to add one more color to your plate at every meal.



Start small to begin with, and choose one meal on which to focus. Before you begin your meal prep, lay out your ingredients and survey them with your children. What color(s) could be added? Encourage your children to peek in the fridge to see what the additional color options are. Remember that it doesn't have to be complicated! A few raw carrots could add a splash of orange, or slices of a shiny red apple could add a new color to the end of your meal!

Once adding color to one meal seems easy, shift to another meal (while continuing to add color to the original one)! Once you've shifted to your third meal, you'll find that adding color to your plate has become less of a goal and more of a habit.

**At Home Activity 3: Together counts!**

As you work on these physical activity and nutrition goals, remember the importance of family time and accomplishing goals together. Research shows that eating together as a family can increase a child's nutritional health. Sharing meals also has immeasurable other benefits, including strengthening family ties, increasing self-esteem and more!

Like your other goals, start small and focus on adding one more "together" meal than you already share on a weekly basis. Involve your children by having them add a sticker or colorful dot to your family calendar to mark the night(s) when everyone will be eating together. Then have your child also be in charge of marking whether the family meals actually happen—and each week, strive to do better than the last!

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

\_\_\_\_\_ Move it!

\_\_\_\_\_ Eat the rainbow

\_\_\_\_\_ Together counts