

## Top Ten Tips

*Guiding you to make the most out of the  
Together Counts Curriculum*

1. **Work as a team!** The Together Counts Curriculum has the greatest success if the school community gets involved. Communicate to your team of teachers and peers and invite them to incorporate Together Counts in their classrooms too. Students want to hear their friends think something is fun.
2. **Be creative!** The curriculum can be used as individual lessons, or as a whole. The lessons were designed to be flexible; you can see where each fits into your daily lesson. Many other schools have started walking clubs, used pedometers, implemented fitness breaks throughout the day, and so much more! Look for creative ways to include Together Counts into your classroom.
3. **Challenge you students!** Create goals as a class and challenge your students to achieve (and surpass) these goals. They will feel accomplished reaching their goals and leading a healthier life. Consider ways to reward the students! This will give your students incentive to create this lifestyle change.
4. **Survey your students!** You can gauge what your students already know and build your lessons around the gaps in their health and wellness knowledge. After your students have completed the program, show students, parents, and other educators, just how much was learned and the changes from start to finish. This can help generate support for making your whole school healthier and more active.
5. **Use real world examples!** By asking students to volunteer items in their lunch and discussing it as a class or bringing in items from their pantries at home to analyze the nutrition labels, the students gain a real world view of how the energy they put in effects their body.
6. **Provide alternatives!** Many students are uncomfortable with competition based physical sports in PE. By showing them non-competitive ways to improve their physical health and activity, they can reach their energy out goals and boost their confidence.
7. **Put the students in charge!** Empower your students to come up with ideas of how they want to include healthy decisions in the classroom and at home.
8. **Communicate with parents!** Together Counts shows best results when they extend the lessons at home. By informing the parents about TC and the at home curriculum you are setting your students up for success!
9. **Join in!** Elementary age students can be apprehensive of new things. By joining in on the activities with your students, they will be more inclined to participate themselves. Plus, you too may learn something new along the way!
10. **Have Fun!**