

# 9-5-2-1-0

## Zip Code to Your Health!

### Teacher Tips



Monday, October 17, 2011

# 9

## Get 9 hours of sleep each night

- Use the number 9 as a theme throughout the week
  - 9 questions on quizzes
  - Use the number 9 in math lessons
  - Set of 9 exercises in P.E.
- Take a poll of what students think the number 9 stands for
- Discuss the importance of sleep as it relates to positive academic performance
- Educate students on how to plan for 9 hours of sleep (i.e. If you have to wake up at 7 am to go to school, what time do you need to go to bed at night?)

### Suggested questions

- How do you feel when you don't get enough sleep?

Tuesday, October 18, 2011

# 5

## Eat 5 fruits and vegetables every day

- Use the number 5 as a theme throughout the week
  - Use the number 5 in math lessons
  - Set of 5 exercises in P.E.
- Take a poll of what students think the number 5 stands for
- Survey the students on what their favorite fruits and vegetables are
- Remind students of the available fruit and vegetable options on the school menu each day
- Look for the Give Me 5! Colors That Jive! in the cafeteria

### Suggested questions

- Ask the students how they incorporate fruits and vegetables into their meals.

Wednesday, October 19, 2011

2

**Limit screen time to no more than 2 hours per day**

- Use the number 2 as a theme throughout the week
- Take a poll of what students think the number 2 stands for
- Lead a discussion about what screen time entails (TV, video games, computer, texting)
- Discuss other healthy activities students can do besides TV, video games, etc.
- Have students keep a screen time journal so that they can see how much screen time they log each day.

**Suggested questions**

- Ask students what their favorite activity is other than watching TV, playing video games, or playing on the computer.
  - Take a survey and encourage students to participate in their favorite activities after school instead of getting screen time.
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Thursday, October 20, 2011

1

**Get at least 1 hour of exercise each day**

- Use the number 1 as a theme throughout the week
- Take a poll to see what students think the number 1 stands for
- Discuss unique and different types of exercise to engage students who may not be into sports (i.e. yoga, dancing, walk your dog)
- Challenge students to increase their physical activity a little each day and have them keep an exercise log to assess their activities
- Lead a discussion about simple ways in which students can increase their exercise (i.e. taking stairs instead of elevators, having Mom or Dad park the car further away at shopping centers, etc.)
- Lead the students in a 5 minutes stationary exercise each day

**Suggested questions**

- Take a survey to see what the students' favorite type of exercise is
  - Categorize the types of exercise as indoor or outdoor, vigorous, moderate, light, or stretching
  - Encourage the students to perform at least 2 exercises a day
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Friday, October 21, 2011

0

**NO sugary drinks!**

- Use the number 0 as a theme throughout the week
- Take poll of what the students think the number 0 stands for
- Encourage students to drink more water throughout the day
- Educate students on how to read the sugar content on drink labels and to make healthier choices

**Suggested activity for older students**

- Have the students bring in their favorite soda or fruit drink container. Have the students measure out how many teaspoons of sugar are in their favorite drink. (4.2 grams of sugar = 1 teaspoon)

**Suggested questions**

- Ask the students to bring in their favorite drink container and go over the food label with the students in class. Compare how much sugar is in the drinks. The activity can be made more visual and interactive by asking the children to measure out how much sugar is in their favorite drink. (4.2 grams of sugar = 1 teaspoon)