

**RiseVT Classroom Activities**

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| **Grades** | **Activity** | **Description** |
| Pre K-2 | Let’s Color: [Complete the RiseVT Shoe](https://fgi.risevt.org/wp-content/uploads/2018/09/RiseVT-Coloring-Shoe.pdf) and [Weather Worksheet](https://fgi.risevt.org/wp-content/uploads/2018/09/Weather-Worksheet.pdf) | Provided by RiseVT. The Shoe allows students to write their favorite healthy activity and the Weather Worksheet allows them to show how they would appropriately dress to play outside. |
| Pre K-2 | [School Tray Placemat](https://fgi.risevt.org/wp-content/uploads/2018/09/MyTray-Coloring-Activity.pdf) | RiseVT can provide placemat and students can draw or collage. Discuss healthy choices with students. |
| Pre K-2 | [Fruit Bowl](https://fgi.risevt.org/wp-content/uploads/2018/09/Fruit-Bowl-Activity.zip) | RiseVT can provide poster of a bowl and stickers or students can draw their own. Ask students about their favorites, what they have not tried, what they want to try, what grows in VT? This could guide a future taste test. |
| Pre K-5 | [Scavenger hunt](https://fgi.risevt.org/wp-content/uploads/2018/09/Scavenger-Hunt-1.pdf) | Provided by RiseVT. Get kids moving outside and looking for fun. Multiple versions to choose from |
| Pre K-5 | [Nutritional Red Light, Green Light](https://fgi.risevt.org/wp-content/uploads/2018/09/Nutritional-Red-Light-Green-Light-1.pdf) | Provided by RiseVT. The traditional game but using nutritional facts. |
| Pre K-5 | $10 gift card to try a new fruit or vegetable | This could be used in combination with the school garden to make a healthy class snack (salsa, fruit kabobs). |
| Pre K-5 | Healthy food collage | Create a collage or drawing of healthy foods. Collage could have a theme: holiday, favorite, that I grow, that I have never tired |
| 2-4 | Physical Activity collage | Create a collage of healthy activities or have the students take photos of them doing their favorite healthy activity. |
| 3-5 | [Healthy Question prompt posters](https://fgi.risevt.org/wp-content/uploads/2018/09/4th-3rd-Grade-Question-Poster.zip) | RiseVT will provide one poster to your classroom or each student can make their own poster. Print enough on standard paper for each student to illustrate their own |
| 5-6 | Create your own Brain Break | Either write up the description or send us a video. We love to share your good ideas with our community! |
| 4-6 | Herb Garden | RiseVT will provide herb pots for your students to grow their own fresh herbs. |
| 6-8 | Write a letter to your town | Write to your town or an editorial stating what they can do to help you stay healthy. |
| 3-6 | [Pedometer steps tracking](https://fgi.risevt.org/wp-content/uploads/2018/09/Step-Tracking-Sheet.pdf) | Track your steps using provided RiseVT pedometers. Use the results for a fun math problem (graphing, adding, measuring distance, etc.) |
| 6-8 | Write a short paragraph. | Students can write a persuasive paragraph about why it’s important to live a healthy lifestyle or what they like to do to stay healthy. |
| 6-8 | RiseVT Wellness Journals | Use the RiseVT Wellness Journal in your classroom. |
| 6-8 | Watch Weight of the Nation or Forks Over Knives | Take the Pop Quiz and discuss |
| 6-8 | Summarize a health related article | Use an article found in a Vermont newspaper or in national news. |
| 7-8 | [Calculate school lunch/breakfast nutrients](https://fgi.risevt.org/wp-content/uploads/2018/09/Breakfast-Lunch-requirements.pdf) | And/Or turn it on its head and bring in a favorite recipe from home and adapt it to fit school standards. |
| 6-7 | [Snack Survey](https://foodplanner.healthiergeneration.org/calculator/) | Do a random survey of snacks students have/are given/for sale in the cafeteria. See how they meet SmartSnack standards. Have students brainstorm healthy snacks. |
| 3-8 | Do a cigarette butt-litter clean up. | RiseVT can provide supplies for picking up a cigarette butt litter pick up and take the butts for recycling. |
| 5-8 | [How far in my world?](https://fgi.risevt.org/wp-content/uploads/2018/09/Community-Step-Tracking-Sheet-1.pdf) | Think of the places in your town you go to often. Use your RiseVT pedometer to figure out how many steps are in a mile, then calculate how many steps it would take to walk to these locations (store, friend’s house, school, playground) |

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