



5210 Goes to School Presentation Guide

This guide is intended to help local community partners in promoting the 5210 message to young children (K-5) and educating them on the importance of living the 5210 healthy lifestyle. This presentation can be used by community partners such as: doctors, dentists, health educators, student mentors, local celebrities, etc. The guide provides you with:

- A presenter introduction letter, which you can modify and personalize to provide guidance to your community partner for the presentation.
- A script to provide the speaker with a pre-made 15 minute presentation.
- A sample activity to get the audience moving and reinforce the 5210 message.

Sample Introduction Letter

Dear Presenter,

Thank you for having an interactive discussion with students about *5210 Goes to School*. Please use approximately 10 minutes to talk about the message and the remaining time to get the students up and moving!

At *Let's Go!*, we use the 5210 message as a way to begin a dialog about healthy behaviors with youth. We will provide you with Let's Go! posters to remind you of the message and to hang up in the classroom.

If there are time constraints, you may want to do a brief overview of all the numbers and then go in-depth on only one or two of them. Please make age appropriate adjustments as necessary. Feel free to add your own creativeness and expertise to the lesson. That's what will make it most engaging and memorable for the students!

For more information, questions, or suggestions, please contact your local Let's Go! representative.

Thank you,
Your Let's Go! Team

Script provided on next page...



15 minute script for talking to students about 5210 (key talking points)

Quick Introduction:

Hey Kids! I'm here today to talk to you about the 5210 message. It's a great way to remember some healthy choices. Let's begin with the '5'. Does someone want to read what it says off the poster?

5210 EVERY DAY!

5 – or more fruits and vegetables

- Name some fruits and vegetables?
- Why are they important? How do they make us feel?
- What are some fruits and vegetables that you could bring in for your snacks or lunches? What kinds of fruits or vegetables could you have with breakfast? Lunch? Or dinner?
- Next time you go grocery shopping with your parents, surprise them by choosing a new vegetable for the cart!

2 – hours or less recreational screen time (Keep TV/Computer out of the bedroom)

- How much TV do you watch?

Guess how many hours kids spend in school per year? 900

Guess how many hours kids spend in front of the TV per year? 1,023

Kids spend more time watching TV than learning at school! What do you think about that?

- Why do you think it's important to not have a TV or computer in your bedroom?
- Let's talk about some things you can do other than watching TV. Do you have any ideas? (Build a fort, play charades, dance to your favorite music, etc.)

1 –hour or more of physical activity

- Why be active? It makes you feel good and gives you more energy! Feeling tired? Do 10 jumping jacks. How do you feel now?
- How can you be active for 1 hour each day? Brainstorm some ideas.
- What are your favorite activities that get your moving?

0 – sugary drinks, more water and low fat milk

- Use a sugar bottle display. (Many school champions will have one available – check in with them before hand to be sure.) Discuss the different amounts of sugar in the drinks. Which is the best choice? (water!).
- Why do you think sugary drinks are not a good choice for your body?
- Why are water and low- fat milk the best choices for kids? (up to 70% of body weight is water, calcium in milk, etc.)

Let's review the message. Who wants to remind everyone what the '5' stands for? (Continue with each number).

Activity provided on next page...



5210 Activity

AND NOW...FOR THE FUN PART!! EVERYBODY UP!!

Discuss location and function of the heart. You, the leader, will name activities that either strengthen the heart or weaken the heart. If the activity strengthens the heart, students respond by jumping. If the activity weakens the heart, students respond by falling to the ground.

Examples:

- Riding a bike – jump
- Eating 4 pepperoni pizzas – fall
- Walking your dog – jump
- Never going outside to play and watching TV all the time – fall
- Dancing with your friends – jump
- Skating – jump
- Never eating fruits/vegetables – fall
- Riding a scooter – jump
- Playing PlayStation – fall
- Eating fast food – fall
- Raking the leaves - jump
- Washing the car – jump
- Drinking lots of soda and sugary juice - fall
- Taking the stairs – jump
- Drinking lots of water – jump
- Taking the elevator – fall
- Swimming – jump

For other fun energizer ideas, visit: <http://www.ecu.edu/cs-hhp/exss/apl.cfm>