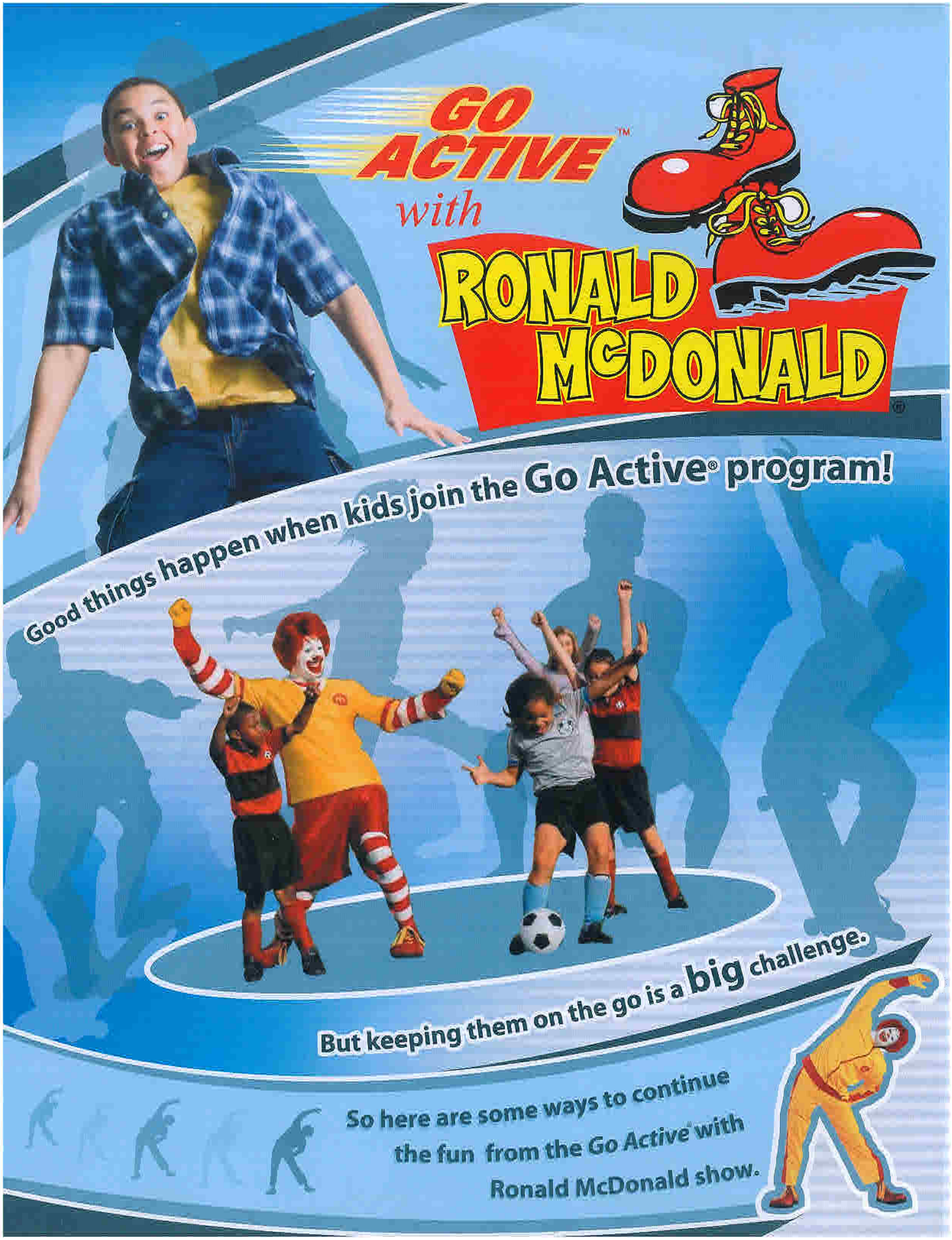
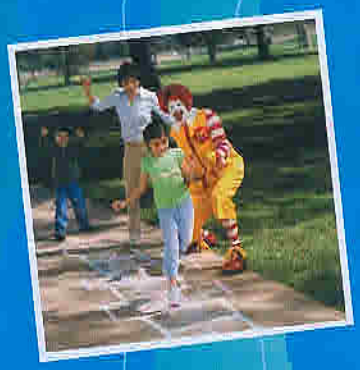

GO ACTIVE™
with
RONALD McDONALD®
Good things happen when kids join the Go Active® program!
But keeping them on the go is a big challenge.
So here are some ways to continue the fun from the Go Active® with Ronald McDonald show.

The Go Active with Ronald McDonald program can help kids lead more *balanced, active lives.*

As long as they stay interested and involved.

Ronald McDonald® really knows how to get kids excited about leading a more active life. The **Go Active** with Ronald McDonald show is engaging and entertaining because it's loaded with kid-appeal. Beneath the fun and games, however, there's a solid foundation of educational and motivational elements that are specifically designed to inspire kids to get active. It may look easy to do during the show but maintaining their interest over time takes a little more work in the classroom and at home.



That's why this Teacher's Guide has brief lesson plans for fun activities that will keep the **Go Active** with Ronald McDonald program rolling along throughout the year. You can also use these ideas as inspiration for activities that you create yourself. And our fitness partner, **Bob Greene** (*Oprah's Personal Trainer*), has provided some practical advice that can help anyone lead a more balanced and active life.

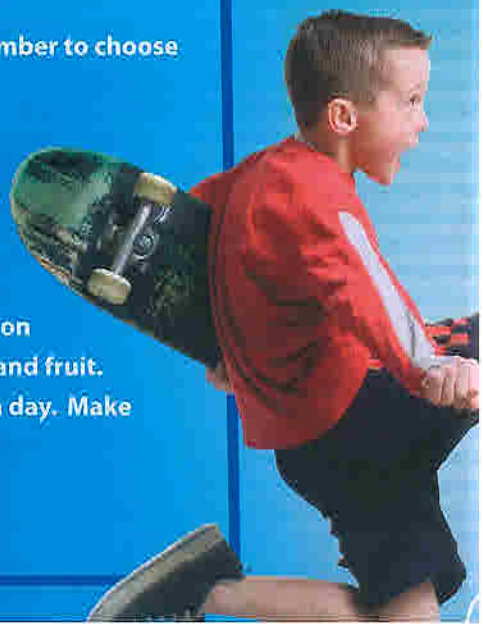
Of course, as important as you are to the success of the program, so is each child's family. That's why on the back page there's a letter from Ronald® that you can sign and send home to encourage kids to get active with their families.

We hope you enjoyed the **Go Active** with Ronald McDonald show and find the following ideas useful in your classroom.

Bob Greene's *top ten tips*

for living a more balanced, active life!

1) Kids learn by example, so "Live a balanced life yourself!"
2) To influence kids, the whole family needs to make positive changes.
3) Keep the entire family active. Toss a ball around or play tag instead of sitting in front of a TV or computer.
4) Involve the whole family in making balanced food choices. Ask each family member to choose fruit and vegetables as part of meals and snacks.
5) Take your time! Everyday small changes will eventually bring big results.
6) Encourage everyone to read labels and get advice from websites like MyPyramid.gov, so they know exactly what they're putting into their bodies and how to make balanced food choices.
7) For a creative and enjoyable learning experience, let kids help prepare meals.
8) Gradually add more and more variety to your diet. If you are trying to cut back on calories, drink water instead of soda and replace ice cream with low-fat yogurt and fruit.
9) Encourage everyone in the family to eat three balanced meals and two snacks a day. Make each meal a special time for family bonding.
10) Teach kids to eat only when hungry. Don't insist they clean their plates.



Encourage Kids to Get Active!

These lessons can serve as starting points for your imagination, so feel free to make changes or create your own activities. And remember to strike a balance between those that challenge the mind, as well as the body.

1 ***Physical:*** To show the importance of "Energy In, Energy Out," do this deep breathing exercise: With the kids sitting, have them breathe deeply from two finger widths below the navel. This often makes the hair on the neck and arms stand up and tingle, and it's a simple demonstration of how easy it is to put good things into your body.

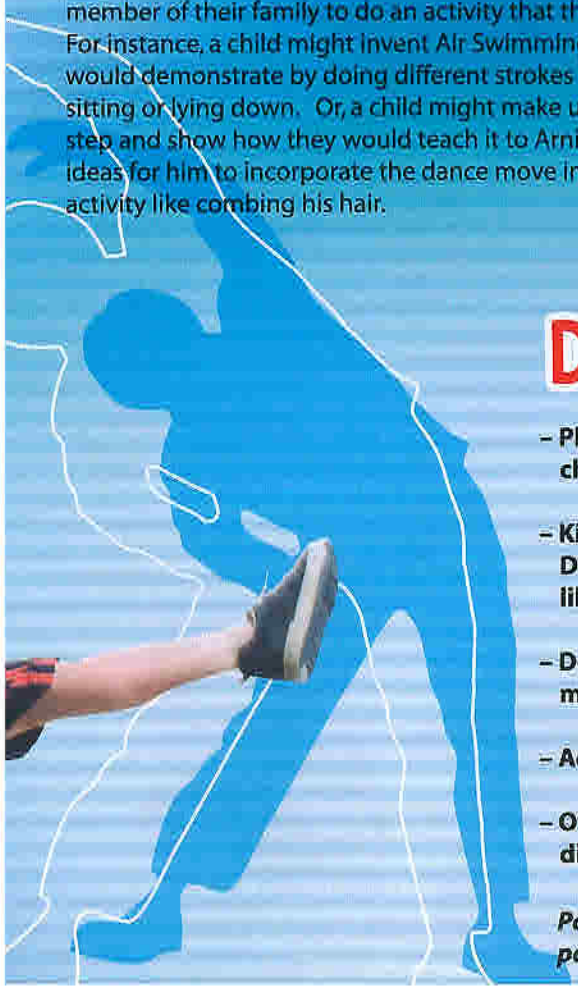
2 ***Mental:*** Ask your students what their favorite activities are and list them on the board. Then challenge kids to imagine a new kind of activity that they've never tried. Ask them to explain how they would practice and incorporate it into their daily lives.

3 ***Physical:*** Have students role play how they would teach Arnie (Ronald's friend from the Go Active with Ronald McDonald show) or a member of their family to do an activity that they've created. For instance, a child might invent Air Swimming, which she would demonstrate by doing different strokes while standing, sitting or lying down. Or, a child might make up a new dance step and show how they would teach it to Arnie, providing ideas for him to incorporate the dance move into an everyday activity like combing his hair.

4 ***Mental:*** Ask students to think of three ways that their families can lead more balanced, active lives. What do you do that's not so energetic and how can you add more physical activities? For example, instead of playing video games after school, play tag or soccer. Also ask: What's good nutrition? How many servings of fruits and vegetables do you need each day to grow healthy and strong? What are the different food groups? What are your favorites?

5 ***Physical:*** Before beginning the school day or prior to dismissing students at the end of the day, play a game of charades where kids act out their favorite activities or favorite healthful foods. The class guesses what the student is suggesting, like playing hopscotch or eating a banana.

6 ***Mental:*** Ask the class how much physical activity they need each day. Does anything prevent them from getting that much? Why is it important to be physically active? How can they make it a habit to be more active? (Point out that kids need at least 60 minutes of physical activity every day, but that it doesn't have to happen all at once. Two 30-minute sessions, or three 20-minute sessions all add up to good health!)



Did you know that...?

- **Physically fit kids sleep better and handle everyday physical and emotional challenges better.**
- **Kids in Japan play a version of "red light/green light" called "Mr. Daruma Fell Down!" And in Thailand, kids play a game called "Buka Ball," which is a lot like volleyball crossed with hackey sack.**
- **Doing weight-bearing activities (running, tumbling, etc.) in childhood helps maintain bone health in later years.**
- **Active kids need plenty of fluids before, during and after play.**
- **Overweight children may become overweight adults who suffer from type 2 diabetes, high blood pressure and heart disease, as well as low self-esteem.**

Parents: please seek medical advice from your physician before partaking in any new exercise program.

Here are some cool ways to get active at home.

Hey kids, remember how much fun we had during my Go Active with Ronald McDonald show? Well, now it's your turn to share the fun with the whole family when you bring Go Active home. And these four ideas are just the beginning because I know that you're sure to think of even more!

1) Ask each person in your family to eat a banana or apple and carefully describe exactly how it looks, feels, smells and tastes. Then have everyone draw a picture of their favorite fruit or vegetable doing their favorite activity! For example, draw a banana riding a bike. Place those pictures on your refrigerator to remind everyone to eat more healthfully and do their favorite activities each week.

2) Have each family member create a new activity by combining an animal and an everyday activity like "monkey jumping jacks." See who can do the funniest activity!

3) Make a family plan to get active every day. Post a calendar on the refrigerator that lists a family activity for every day of the week. For example, Monday evenings are family "walk-abouts" where you explore your neighborhood together; Tuesday's are "hide and seek" nights; etc.

4) Once a month, plan a "family favorite meal night" where each person chooses their favorite meal, including main course, vegetable, and dessert. Get the whole family involved in preparing the meal too!

Remember, kids, your body is amazing, but you have to do the right things to keep it that way. Yep, if you're going to lead a high-energy life you've got to eat a variety of foods and get lots of exercise. That goes for the whole family, too. So, starting today, make it fun, make it a habit and get active!

Your friend,

Ronald McDonald®

Your teacher,

GO ACTIVE™ with RONALD McDONALD®