

SHAPE YOUR FUTURE PHYSICAL ACTIVITY TOOLKIT



Looking for ways to keep your students healthy and engaged in class or while they're on break? Use this FREE Shape Your Future Physical Activity Toolkit for your virtual classroom. It's full of ideas for active brain breaks, conversation starters about vaping, kid-friendly workouts, comics, creative adventures and more.

PHYSICAL ACTIVITY QUIZ >

Transform every student into a physical activity whiz... with this physical activity quiz! It covers valuable information about both the immediate and long-term benefits of exercise.



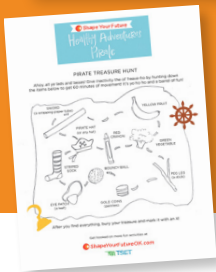
HEALTHY HABITS REWARD CARD >

Making healthy choices is more fun when it's a competition with cool prizes! This colorful reward card is a great way to instill healthy habits within your students.



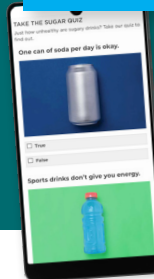
WAYS TO STAY ACTIVE ON BREAKS >

Teach students and parents how to break a sweat on school breaks. Make it fun by going on a scavenger hunt or a family walk!



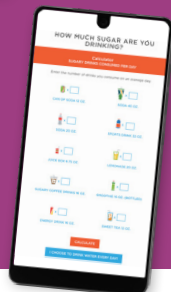
SUGARY DRINK QUIZ >

Put your students' knowledge to the test with this sugary drink quiz. You can use it as a pre-test before a lesson or as an assessment afterwards!



SUGAR CALCULATOR >

A fruit juice with breakfast. A sports drink with lunch. A soda after school. It may not seem like much, but it all adds up. Show your students why water is the only truly healthy choice with this sugar calculator.



SIMPLE CLASSROOM ACTIVITIES >

From acting out the verbs from a story you're reading in class to taking a break for 5 toe-touches or jumping jacks, here are a few easy ways to incorporate physical activity into your lessons.



VAPING FACTS & CONVERSATION STARTERS >

LESSONS & ACTIVITIES ON VAPING >

Often, the most difficult conversations are the most necessary — and it's never too early to start. Here's how to talk to your students about vaping, whether they're 5 or 18. Once you've opened a dialogue, go even deeper with these lessons and activities.

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CREATIVE ADVENTURE DOWNLOADS >

Everybody loves a good theme — kids and adults alike! Whether your students pretend to be astronauts or arrrrr-tsy pirates, these creative adventures will keep them engaged and excited.



PHYSICAL ACTIVITY COMIC >

Every kid needs a healthy role model. In this educational comic book, kids learn why daily physical activity matters — and why it's the superior choice over sitting in front of a screen.



PHYSICAL ACTIVITY PLAYLIST >

Harness your students' love for YouTube videos and point them in a healthier direction. Encourage them to try exercise moves like lunges, jumping jacks, crunches and calf raises in class or at home.

