Get Up & Move!

Leader Activity Guide

Series 2: October

National Eat Better; Eat Together month
October is National Eat Better; Eat Together month. It is a time for adults to eat meals with children and teens and to celebrate family meals. Youth report that they like the mealtime conversations – having time to share, find out what others have been doing, and to laugh together.

Here are ten tips for quality family meals:
- Aim for four or more meals a week.
- Make family meals a priority
- Keep a sense of humor and laugh a lot.
- Cook it quick and eat it slow.
- Work toward happy, relaxing conversations at meals
- If time is an issue, make meals quick and easy
- Shop for food and cook together
- Take telephone calls later
- Turn the television off
- Respect each individual’s right to decide how much to eat

In addition to encouraging family meals, families also need to figure out how to fit in some family activity time as well. This might involve taking a walk around the block after dinner, riding bicycles in the neighborhood, playing catch, or raking leaves in the backyard. Try to take a 20- to 30-minute activity break together after watching television or working on the computer.

Club Roll Call
For roll call, have each member report how many meals he/she ate together as a family in the last two days or in the last week.

Physical Activity Calendars
Collect the September Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his/her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of more intense activity, 3 times a week?
How can you fit more regular physical activity into your life?
What are some activities you can do only in the fall?
What types of physical activities might you do with your family?
October Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members (and leaders). Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.

Educational Activity
Moving into Nature is the title of the physical activity featured this month. Clubs/groups are encouraged to plan and participate in a nature hike. The activity guide gives suggestions for planning a hike. Several 4-H publications are also listed as additional resources. The alternative activity is the game “Oh Deer.” This can be done outdoors or in a large room.

Recipes/Snacks
Homemade granola is the recipe for this month’s snack. It is posted at www.4-h.uiuc.edu/opps/move. Try it with a variety of dried fruit mixed in at the end.

Ties to 4-H Projects
4-H clubs/groups might take advantage of the nature hike to learn more about leaves. In the Forestry project, members are encouraged to create a collection of ten or more leaves. While the collections will need to be gathered in the spring or summer months, fall would be a great time to collect colored leaves.

To collect and press fall leaves:
- Collect colorful leaves that are free of mold or rot.
- Be sure to have permission to pick leaves off of private property.
- Press leaves between two sheets of newspaper and place heavy books on top.
- Allow to flatten and dry for 24 hours. Remove from the newspaper.
- Using your dried, flat leaves, waxed paper, a hot iron and an ironing surface, place the leaves between sheets of waxed paper. Gently press the waxed paper with a medium hot iron moving slowly over the leaves for about ten seconds. Keep your hands away from the hot surface. The waxed paper will be hot after pressing. Allowed pressed leaves to cool before using. You can trim around the edges of the wax paper when cool. Use as sun catchers, fall decorations, or to create cards to send to seniors in your neighborhood as part of your Visual Arts – Nature project.

For a club/group community service project, consider raking leaves for others on the fourth Saturday in October for Make A Difference Day. Sponsored by the USA Weekend Magazine and the Points of Light Foundation, Make a Difference Day encourages individuals, families, and groups to make this a day of celebration of neighbors helping neighbors. For more ideas, visit http://usaweekend.com/diffday/index.html.

Get Up and Move!

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### Physical activity

**October**

Each day fill in what physical activity you did and how many minutes you did it.

<table>
<thead>
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<th>Monday</th>
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**Total minutes of physical activity**

- [ ] 2 15 24 5 12 4 18
- [ ] 19 25 3 1 13 15 16 18 19
- [ ] 19 23 5 5 20 7 21 13
- [ ] 2 12 1 3 1 11 23 1 12 14 21 20
- [ ] 18 5 4 2 2 14
- [ ] 8 1 3 1 2 5 18 18 25
- [ ] 18 5 4 1 16 12 5
- [ ] 21 22 23 24 25 26
- [ ] L 12 13 14 15 16 17 18 19 20
- [ ] K 11 10 9 8 7 6 5 4 3 2
- [ ] A 1 2 3 4 5 6 7 8 9 10

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**Fall Leaves**

The Fall leaves lose their leaves in various kinds of deciduous trees. Can you identify the drift using the legend below?

- [ ] Monday
- [ ] Tuesday
- [ ] Wednesday
- [ ] Thursday
- [ ] Friday
- [ ] Saturday
- [ ] Sunday
Homemade Granola

3 cups rolled oats, quick cooking or old fashioned
(use old fashioned oats if you prefer a high fiber taste, texture, and nutritional value)
1 cup wheat germ
½ cup flaked coconut
1/2 cup shelled sunflower seeds
1 cup coarsely chopped nuts (choose from walnuts, pecans, almonds)
½ cup raisins or dried cherries (optional)
1/4 cup vegetable oil
1/4 cup honey
2 teaspoons vanilla or almond extract

1. Preheat oven to 275°F.
2. In a large bowl, mix together rolled oats, wheat germ, coconut, sunflower seeds and nuts. In a separate bowl or a glass measuring cup, mix together oil, honey, and flavoring of choice. Pour over oat mixture and stir until lightly evenly mixed.
3. Spread mixture on a 15x10x1 inch-baking pan.
4. Bake for 1 hour stirring every 15 minutes.
5. Cool and break up lumps. Store in an airtight container or plastic bag.
6. If desired add favorite dried fruit after baking.

Makes 18 servings, 1/3 cup each.

Nutritional Information per serving: 220 calories, 12 grams fat, 2 grams saturated fat, 0 mg. cholesterol, 24 grams carbohydrate, 4 grams fiber, 10 mg. sodium.
(Analysis uses old-fashioned oats.)
Moving into Nature! (30-90 minutes)

Items needed for this activity:
• Water
• Watch
• Sturdy hiking shoes
• Scavenger hunt list (pencils or pens)
• Compass
• Map of Trail
• First Aid Kit
• Oh Deer Survival List (optional)

Background information for presenter:
Before planning a nature hike, it is important to get information about potential sites from local park and recreation districts, national wildlife refuges, state and national parks and private landowners.

Planning committees should consider the following before finalizing the details:
- Consider the experience of your group; pick a place that will offer a few challenges, but is not too difficult.
- The purpose of a “Get Up & Move Hike” is to get participants physically active. One option is to identify a less strenuous trail and hike at a brisk rate. If your group is pretty fit and gets regular exercise, you may wish to identify a more strenuous trail that may be located in a more rugged environment.
- Important considerations include knowing where you are going, the fitness level of your group, knowing how long you will be gone, considering what type of clothing is needed, and is there a need to bring food, water, maps, and emergency supplies?
- Remember to build time into your schedule to take rest breaks. It is important that participants not become overly tired and stressed on the hike.
- Take a map and a compass and make sure that you know how to use them.
- Make a list of everyone who is going on the hike and leave a copy of the list with all parents.
- Verify that everyone in the group has permission to participate.
- Plan to take a cell phone – you can turn it off, but have it available just in case of an emergency. Before beginning the hike, you may need to check if cellular service is available in the area of your hike.

Step 1: Information to share with club members (3 minutes)
Hiking on nature trails or in the woods can be a wonderful way to learn about the world around us. Remember if you are hiking by yourself– or with a group – you should always follow this code of ethics:
- Don’t litter; pick up litter left by others.
- Be careful with fire.
- Stay on the trails; avoid shortcuts.
- Respect wildlife; don’t disturb animals or their homes.
- Avoid cutting green trees or damaging plant life.
- Close gates if you open them.
- Ask permission each time before hiking on private property.
- Leave the area as you find it.

Let’s go explore nature!

Step 2: Group Activity (30-90 minutes)
Get Up & Move Hike – NOTE – the time required for this activity can vary greatly – depending on what type of trail you select and what type of time you have available for the activity.

As you prepare to begin the hike, confirm that everyone is comfortable with the length and anticipated activity level. Also check that everyone has the supplies or resources that the planning committee identified as necessary for
the hike. Note: these items will vary depending on the planned hike.

Optional Hike Activity – While we are hiking today, we want to make sure that everyone is using all of his or her senses. We have created a scavenger hunt list for our hike. You can work alone – or with a partner. To make sure that we don’t disturb nature, we won’t be picking up items and bringing them out of the woods (except for one item – which is any item of litter). Today you are going to focus on looking, listening, smelling, and feeling things. Make sure you hold on to your list – we don’t want to lose it and create litter on the trail.

Step 3: Alternative Group Activity (15 minutes)

Oh Deer – Today we are going to be involved in an activity that will have us up and moving while we learn how food, shelter, and water are essential for survival of wildlife in a woodland.

I’ve marked off two parallel lines on the ground that are 10-20 yards apart. This is our “Habitat” area. First, everyone needs to count off by fours. Be sure to remember your number.

- All the ones should line up on one line – they are the DEER. (Point to a line).
- All of the other numbers (twos, threes, & fours) should line up on the other line. (Point to the other line).
- To begin, the twos are FOOD. They should put their hands on their stomach.
- The threes are SHELTER. They should put their hands on their head.
- The fours are WATER. They should put their hands over their mouth.
- Before we start, the deer need to decide what they are going to be searching for – food, shelter or water. Deer need these things to survive. When a deer is looking for FOOD, it will put its hands on its stomach; when it is looking for WATER, it will put its hands over its mouth; when it is looking for SHELTER, it will put its hands on its head.
- The game is played in rounds. The first round is the ONLY round when we tell you what you will be. Before each of the following rounds all players must decide what habitat component they will be or what they’ll be looking for. Once the round begins they may not change.
- To begin each round, players stand on their line – facing away from the “Habitat” area.
- Once they have their hands in place (with their backs to the playing area, no one can see what sign they are making), count to three. At the count of three, all players turn and face the opposite group, continuing to hold their hand signs clearly.
  - When the deer see the habitat component they need, they are to run to it. Habitat components cannot move until a deer reaches them.
  - Each deer must hold the sign it is looking for until it reaches the habitat component person with the same sign. Each deer that reaches the habitat component takes the “FOOD”, “WATER”, or “SHELTER” back to the deer side of the line. This represents the deer successfully meeting its needs and surviving as a result. Any deer that fails to find its habitat component dies and becomes a part of the habitat. The deer that has died is now a part of the habitat component and is available in the next round as FOOD, WATER, or SHELTER.
  - NOTE – a habitat component is only good for one deer, that being the deer that reaches it first. Habitat components MUST STAY on the line until a deer needs them. If no deer needs a particular habitat component that round, it will stay there until the next round. REMEMBER: Habitat component choices may only be changed before a round begins.
  - The leader or facilitator should keep track of the number of deer at the beginning of the game and at the end of each round. Record those numbers until you complete 15 rounds of the game (do this at a brisk pace).
  - At the end of 15 rounds, gather the players together to discuss the activity. Encourage them to talk about what they experienced and saw.

Get Up & Move!

Some activities adapted from: Blaze the Trail, 4-H Natural Resources Level 3 Project Guide, University of Illinois, University of Illinois Extension; S’mores and More: 4-H Outdoor Cooking and Living Basic Skills Guide, Oregon State University Extension Service; and Oak Woodland Wildlife SERIES Project, University of California, Davis.
Using your senses, look, listen, smell, and feel to find the following items. Check off the item and document where on the hike you encountered it!

<table>
<thead>
<tr>
<th>Find.....</th>
<th>Item Found</th>
<th>Where found?</th>
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<tbody>
<tr>
<td>Gurgle, Gurgle, Gurgle</td>
<td>✓</td>
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<tr>
<td>Whistling</td>
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<td>Ruggedness</td>
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<td>Coldness</td>
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<td>Softness</td>
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<td>Cracking or Rustling</td>
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<td>Something yellow</td>
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<td>Litter</td>
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Moving into Nature!
Oh Deer Population Chart

Count the number of Deer at the beginning, then record the new number after each round of “Oh Deer.”

<table>
<thead>
<tr>
<th>Habitat Round</th>
<th>Deer Count</th>
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<tr>
<td>Beginning</td>
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Family Meals
October is National Eat Better; Eat Together month. This month celebrates families eating meals together. Children say they enjoy eating meals with their families because it gives them the opportunity to share their day, find out what other family members have been doing, and just to laugh.

Tips for creating quality family meals:

- Aim for four or more family meals a week
- Make family meals a priority
- Keep a sense of humor during the meal
- Make the meal quick and easy to prepare so you can have more time for conversation
- Work toward happy, relaxing conversations
- Shop for and cook food together
- Don’t take telephone calls during family meals
- Turn off the TV during family meals
- Respect each person’s right to choose what foods and how much he/she eats

When Adults and Children Eat Together…

- Children do better in school
- Children have fewer behavior problems
- Teenagers feel less apt to use drugs and alcohol
- Communication improves between children and adults
- Children understand their family’s values and traditions
- Traditions are often created around food and meals
- Meals are more nutritious and healthful
- Food dollars go further
- Time is better utilized because the family cooks only one meal
- The family is often involved in meal preparation
Don’t Battle Over Food
Sometimes it can be difficult to develop pleasant family mealtimes. Parents want their children to eat and be healthy, which can sometimes lead to “power struggles” with children. This can also lead to parents bribing their children to eat certain foods. These struggles can be reduced by understanding “who does what.” This strategy is simple and it works, but it takes some practice.

Parents Decide…
1. **What food is served.** Mealtime is an opportunity for parents to provide nutritious food choices.
2. **When the food is served.** Set mealtimes provide an opportunity for parent/child interaction throughout the day.

Children decide:
1. **How much food to eat.** Serve small portions and allow your children to ask for seconds. Let your children’s body tell them if they’ve eaten enough.
2. **Whether or not to eat.** Don’t worry if a child doesn’t eat well at a meal. If the child is not snacking, s/he’ll eat if hungry. Have the child sit at the table anyway to show that mealtimes are important to the family.

Establish a predictable schedule of meals and snacks for children. Parents should also try to avoid using dessert as a bribe to get children to eat their food.

Recruiting younger children to help with meal preparation can be a little extra work, but it is very beneficial. Younger children can help set the table, toss salad, pour beverages, and fold napkins. Older children can help get ingredients, wash produce, mix, stir, and serve. If you have teenagers, consider allowing them to cook a meal, with you as their helper.

Family meals are a good time to teach good behavior that children can also use when eating away from home. Try to establish rules about staying seated, passing food instead of reaching for it, putting napkins on laps, and not talking with a mouthful of food. You can remind children about manners during meals, but try to keep tension and discipline at a minimum. The focus should be on making your children feel nurtured, connected, and part of the family.

Source:  (www.nutrition.wsu.edu; www.kidshealth.org)
Get Up & Move!

Family Activity

Series 2: October

Hiking

Just as important as it is for families to enjoy meals together, it is also important for families to make time to be active together. This might include taking a walk around the block after dinner, riding bikes in the neighborhood, playing catch, or raking leaves in the backyard. Instead of watching TV or playing on the computer, try taking a 20-30 minute break on most days to do something active as a family!

This month your family can be active and enjoy the fall weather by taking a nature hike together. Before you plan a nature hike, get information about potential sites from local park and recreation districts, national wildlife refuges, state and national parks and private landowners. You should plan the difficulty of your hike based on your family’s physical fitness level.

Make sure to dress appropriately for your hike. Although it is October, it’s still important for your family to wear sunscreen, hats, and to take water bottles on your hike. You might also want to take a compass and a map of your trail if you need guidance, and a first aid kit. Your family should also take a cell phone on the hike. Make sure that your family is comfortable with the length and difficulty of your chosen hike.

When your family is hiking remember to follow this code of ethics:

- Don’t litter; pick up litter left by others.
- Stay on the trails; avoid shortcuts.
- Respect wildlife; don’t disturb animals or their homes.
- Close gates if you open them.
- Ask permission before hiking on private property.
- Leave the area as you find it.

As you are hiking, you might want to practice using your senses. Your family can do this by using the Moving into Nature Scavenger Hunt List at [http://www.4-h.uiuc.edu](http://www.4-h.uiuc.edu), under October in Series 2. If you choose to do the scavenger hunt, make sure not to pick up anything in nature, unless it is litter. As you are learning more about nature you are also getting great physical activity. Make sure you remember to record the time you spend hiking as physical activity minutes on your October calendar.
Volunteer to “Make a Difference”

Make a Difference Day is a national day of helping others. It was created by USA WEEKEND Magazine and is an annual event that takes place on the fourth Saturday in October. Millions of people have participated, accomplishing thousands of volunteer projects in hundreds of towns. This month your club can participate in this day by doing a volunteer activity in your community. If you cannot participate on the Saturday you can do your project on a Sunday.

To tailor your project toward the season of fall, consider having club members rake leaves and clean the lawns of the elderly in your community. You can also ask your friends and families to help you with your chosen project.

You and your club should supply your volunteers with gloves, rakes, and bags to collect leaves and any trash during your clean-up. You might consider asking a local store to donate the gloves, rakes, and bags for your project. You might also want to contact your local trash collectors or city officials to ask them where you should leave your bags to be collected.

Before you begin, make sure all of the volunteers are aware of what needs to be done and any safety precautions that should be taken. There should also be adults present to make sure that the project is going smoothly and to assist anyone that needs help.

At the end of your day of volunteering, consider supplying the volunteers with refreshments, or even coupons to a local sporting goods store as a way of thanking them. You might also want to discuss how everyone felt about volunteering and brainstorm ways to improve the project if you plan on doing it again. Asking volunteers for their input is important because they are the ones that are donating their time.

Remember that raking leaves counts as physical activity and can help you reach your goal of getting 60 minutes of daily physical activity. Don’t forget to record the minutes you spend volunteering in your October physical activity calendar!

Source: (www.usaweekend.com)