Back to School Relays (20 minutes)

**Items needed for this activity:**
- Pictures of possible school lunch items (available on web), plastic food models, or toy food
- Pictures of possible school supplies (available on web), or actual school supplies
- 2 grocery bags (if using two teams)
- 4 containers to put food or supply items (2 for each team)

**Background information for presenter:**
The start of a new school year is a busy time. Being prepared for the school day can refer to many different things. It can mean getting enough sleep the night before so that youth aren’t nodding off in the classroom and can focus on learning. It can refer to having a healthy breakfast and a healthy lunch so youth are able to think clearly and not be distracted by an empty-feeling stomach. It can also refer to having the right tools and supplies that are needed to complete their schoolwork.

The two activities described in this Activity Guide are both simple relay races that can be led by either junior leaders or adults. The goal is to have fun while getting the members up and moving in the club setting. Depending on the time you have available, you can use one or both of the activities.

**Step 1: Information to share with club members (1 minute)**
Most of you have probably already started the new school year and we hope you are all off to a great start. One of the things that happens when the school year starts is that after having time to be physically active every day, you suddenly don’t have as much time to be active. Instead you are asked to spend much more time learning new information. Even though you are in school, it is important that you still get at least 60 minutes of physical activity each day. Today we are going to incorporate some of that activity into our club meeting.

**Step 2: Group Activity (10 minutes)**
**Healthy Lunch Choices Relay** – Today we are going to start by seeing how many of you can tell the difference between “healthy” lunch choices and “less healthy” lunch choices.

We are going to do this by having a relay race. First, let’s divide into two (or more if you have a large group) teams. Since we are talking about packing lunches, we are going to count off by saying fruits, vegetables, fruits, vegetables, etc., (if involving more than two groups, add in additional food items to equal the number of teams).

The teams of fruits and vegetables should form two straight lines on this side of the room. I will place a grocery bag on the ground in front of each team. You can’t look in your bag until I start the relay, but what you will find in your bag are pictures of food items (or food models, real food samples, etc.). Your goal is to look at the food item that you pull out, decide if it goes in the “healthy” lunch choice or in the “less healthy” lunch choice. Run to the other end of the room and place your item in either the “healthy” lunch container or the “less healthy” lunch container. Then run back to your group, tag the hand of the next person in line, run to the end of your team line and sit on the ground. The next person CANNOT reach into the bag to get their food item until their hand has been tagged. The team that finishes first wins! Members...
need to sit on the ground once they have run to help identify the winning team.

Now that everyone understands the rules, team members should form a line and the first person in the line should get ready to reach into the bag to get their food item and be ready to run when I say Go! Ready, set, GO!

(Once the relay is over, follow-up with the following discussion).

Everyone has put his or her food item in either the “healthy” food container or the “less healthy” food container. Let’s see how you did. I’ll need a volunteer to help me pull the items out of the bag.

As the volunteer pulls the items out of the bag, tell the group what the item is. Do all of these food items seem like they really should be in the “healthy” lunch container? Let’s review the “less healthy” food container. Do all of these food items really fall into this category?

While you may eat some foods that don’t fall into the “healthy” choices category, we want to encourage you all to think about all of your food choices and really try to make “healthy” choices most of the time. When you are in school, you work hard and you need to have the energy to think clearly. You want to eat foods that fill you up (make you feel satisfied) and also foods that give you on-going energy. Not just a burst of energy that stays with you for a short period of time, then leaves you feeling empty and hungry again. When you feel hungry it is more difficult to focus and concentrate.

**Step 3: Group Activity (10 minutes)**

School Supply Relay – One thing that goes hand-in-hand with “back to school” is getting the right school supplies. Today we are going to focus on having some fun as we “get active” and pick useful school supplies. Your teachers will expect you to come to school prepared to learn and having the correct supplies can impact whether or not you are “prepared.”

To do this we are going to have a relay race. First, we will need to form two (or more if needed for your group) teams. Since we are talking about school supplies, we are going to count off by saying pens, pencils, pens, pencils, etc., (if involving more than two groups, add in additional items such as paper or folder to equal the number of teams).

Now that we have identified our teams, I want each group to form a single line. Once you are in your line, I am going to place a large grocery bag in front of each line. You can’t look in your bag until I start the relay, but what you will find in your bag are pictures of supplies (or actual supplies). Your goal is to look at the item that you pull out and decide if it falls into the “school supply” category or the “not-a-school supply” category. Run to the other end of the room and place your item in either the “school supply” container or the “not-a-school supply” container. You then run back to your group, tag the hand of the next person in line, and then sit on the ground at the end of your line. The next person CANNOT reach into the bag to get their item until their hand has been tagged. The team that finishes first wins!

Now, make sure that you have formed a straight line. The first person in the line should get ready to reach into the bag to get their item and be ready to run when I say Go!

Ready, set, GO! (Once the relay is over, follow-up by checking the bags).

Everyone did a great job! Now let’s review the items that are in the supply containers and see how you did. (If you want you can select a volunteer from each team to pull the items out of the containers). Review and as a group decide if all of the items are in the correct container.

Great job! Good luck in the new school year.

**Get Up & Move!**