



*A Way of Life.
Un mode de vie.
Ta'n Tel-mimajimk*

Dear teachers,

Mango and the **5210 A Way of Life** team are delighted to share their 5210 Activity Card challenge with you to promote healthy lifestyle habits!

Here are the details:

- The goal is to complete as many activities on the 5210 card as possible.
- The card (page 2) includes links to resources needed for the activities. More resources on pages 3,4 and 5.
- You get a ballot for the draw for each activity you complete.
- There will be one winning class per school.
- The challenge is from **January 15th to February 9th, 2024**.
- Complete the survey on page 6 by **February 16, 2024**, to provide your feedback and number of activities completed.

As always, don't hesitate to reach out if you have any questions.

Mango Program
Mango@HorizonNB.ca
506-627-7563





Review the 'Enjoy!' handout and track vegetables and fruits



Review the 'Power Down!' handout and track screen time



Review 'Move More!' handout and track physical activity minutes



Review 'Drink More Water!' handout and track beverages

Prepare Fruit Cup Cuties (see page 4)

Review the 'Sleep Well' handout and have a class discussion about healthy sleep habits

Have a dance party in class

Offer flavoured water in class

Brainstorm healthy snack ideas as a class and share ideas with parents

Colour a Chi colouring page in class

Try a physical activity video

Perform 5210 Rock and send to: mango@horizonnb.ca (see lyrics page 5).

Ask your students to bring a fruit or vegetable with their morning snack

Try a mindfulness activity

Bring your class for a walk

Show the video 'What is 5210 A Way of Life?'

5210 Tracking sheet

Take note of all fruits and vegetables you eat today

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Supper: _____
Snack: _____



Take note of how much time you spend on screens today

Type of screen: _____ Number of minutes: _____
Type of screen: _____ Number of minutes: _____
Type of screen: _____ Number of minutes: _____
Type of screen: _____ Number of minutes: _____
Type of screen: _____ Number of minutes: _____
Type of screen: _____ Number of minutes: _____



Take note of how many minutes you move today

Activity: _____ Time: _____
Activity: _____ Time: _____
Activity: _____ Time: _____
Activity: _____ Time: _____
Activity: _____ Time: _____
Activity: _____ Time: _____



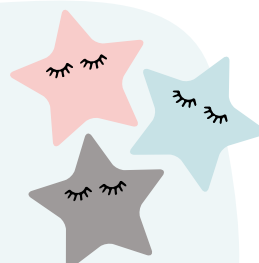
Take note of all beverages you drink today (including water!)

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Supper: _____
Other: _____



Keep track of your sleep time

Last night, I went to sleep at _____ p.m. and
I woke up at _____ a.m. I slept _____ hours





Fruit Cup Cuties

Length of activity: 10 minutes

Goal: To promote eating more vegetables and fruits.

Equipment:

- Fruit cups/applesauce cups
- Googly eyes
- Pipe cleaner
- Construction paper
- Scissors
- Glue

Set Up: Distribute craft supplies and fruit cups.

How to play:

Each student will craft their very own Fruit Cup Cutie to enjoy as a snack, gift to another student or bring home to enjoy. (See example of cuties in photo).

Students are encouraged to put their own twist on this little project.

Optional: Display a group photo in the school cafeteria, of all the students holding their Fruit Cup Cuties.





5210 ROCK

(Sing to the tune of Jingle Bell Rock)

Five two one, five two one, five two one oh
Veggies and fruits each day...
Raw or cooked, frozen or fresh
Five or more is best!

No more than two hours of screen time per day
They've got to go, now, put them away.
Playing and crafting and visiting too, makes a
very nice day!

It's time to move more, play more
and spend some time outdoors.
At least an hour, would be soooo nice!
Five two one oh is a way of life!

To keep hydrated all day long, water is best
Or zero sugar added drinks.
Do this at home, or on the go
That is five two one oh!!!



5210 Activity Card - Evaluation Form 2024



School : _____ Teacher: _____

Grade: _____ **Number of activities completed:** _____

Was the 5210 card helpful to promote the **5210 A Way of Life** messages to your students?

Were the activities a good fit for your classroom? Why or why not?

Would you participate in this challenge again, if we were to offer it next year?

What types of activities would you like to see Mango/**5210 A Way of Life** offer students in your school?

Have you used any of the resources found on the school section of 5210.ca?

How can Mango/**5210 A Way of Life** better support you in discussing wellness and encouraging healthy habits with your students?

Return your completed evaluation form to:
Mango@HorizonNB.ca

5210.ca