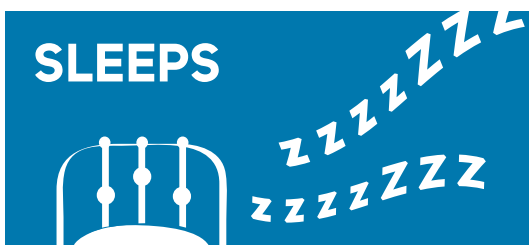


A F.I.T. FAMILY



A F.I.T. Family's Healthy Habits

EATS balanced meals together as a family

PLAYS actively for at least 60 minutes per day

LIMITS screen time to less than 2 hours daily

READS aloud together

SLEEPS adequately with consistent bedtime routines

Framework for Integrated Teaching



F.I.T. CLUB

FARMING FITNESS FOOD

F.I.T. CLUB

200 Middle Highway #12

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teachfitclub.org

A Rhode Island Non-Profit 501(c)(3) Corporation

LET'S STAY ACTIVE!

A WEEKLY PLANNER FOR FAMILIES



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Below is a list of picture books to read aloud with your family to spark ideas for active family time, to learn sportsmanship, and to encourage imaginative play.

FAMILY TIME

- We're Going on a Bear Hunt* by Helen Oxenbury and Michael Rosen
- Make Way for Ducklings* by Robert McCloskey
- Owl Moon* by Jane Yolen
- Knuffle Bunny* by Mo Willems
- Ollie the Stomper* by Olivier Dunrea
- Gazpacho for Nacho* by Tracey Kyle
- Blueberries for Sal* by Robert McCloskey
- Max and Ruby's Bedtime Book* by Rosemary Wells

LET'S GO TEAM

- Elephant and Piggie: Can I Play Too?* by Mo Willems
- Swimmy* by Leo Lionni
- Growing Up Pedro* by Matt Tavares
- Young Pele: Soccer's First Star* by Lesa Cline-Ransome
- Bats at the Ballgame* by Brian Lies
- Maisy Plays Soccer* by Lucy Cousins
- The Quickest Kid in Clarksville* by Pat Zietlow Miller
- Clorinda Plays Baseball* by Robert Kinerk
- Lucy Tries Soccer* by Lisa Bowes

EXPRESS YOURSELF

- Giraffes Can't Dance* by Giles Andreae
- Angelina Ballerina* by Katharine Holabird
- The Snowy Day* by Ezra Jack Keats
- Where the Wild Things Are* by Maurice Sendak
- Quick as a Cricket* by Don Wood
- Duck on a Bike* by David Shannon
- Frog and Toad Together* by Arnold Lobel
- Harold and the Purple Crayon* by Crockett Johnson

Children need to play actively every day. Here are some great ideas for active family time!

- **Walk on the beach or hike a trail**
- **Stroll the farmers markets**
- **Complete active chores around the house**
- **Design an obstacle course**
- **Turn on the radio and get dancing**
- **Hold a jump rope contest**
- **Play a game of freeze tag**
- **Organize a kickball game**
- **Explore a neighborhood playground**

Use the planner as a guide to schedule active family time...pick an activity from the list or add your own favorite game. Anything that gets the whole family moving!

SUNDAY	Activity: Time Frame:
MONDAY	Activity: Time Frame:
TUESDAY	Activity: Time Frame:
WEDNESDAY	Activity: Time Frame:
THURSDAY	Activity: Time Frame:
FRIDAY	Activity: Time Frame:
SATURDAY	Activity: Time Frame: