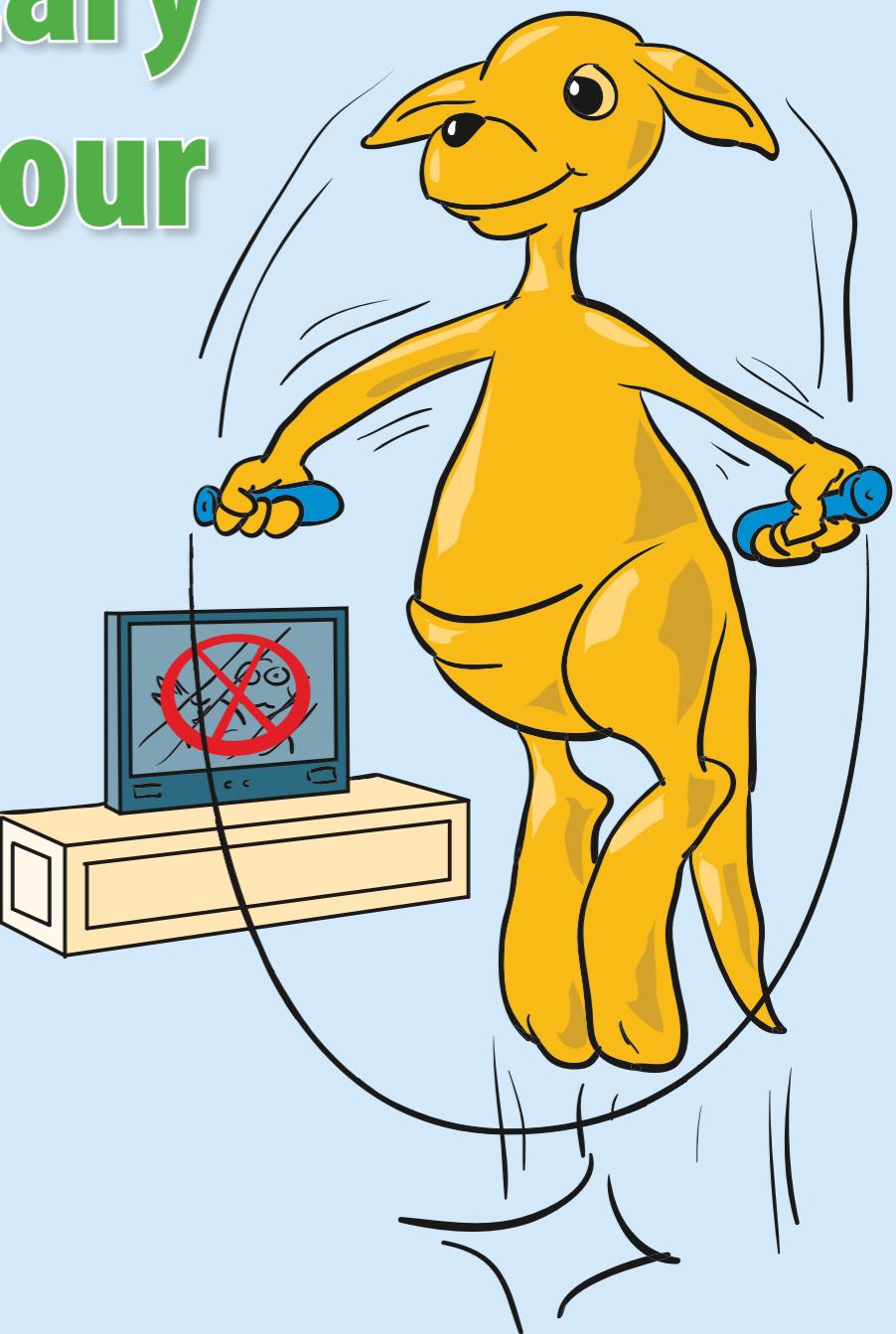




Taste and move adventures

Sedentary Behaviour



Classroom
Activities Guide

Imprint

Authors:

Ghent University (UGent), Ghent, Belgium: Ellen De Decker, Marieke De Craemer, Lea Maes, Ilse De Bourdeaudhuij, Greet Cardon
 Ludwig-Maximilians-University (LMU), Munich, Germany: Kristin Duvinage, Sabine Ibrügger, Berthold Koletzko
 State Institute of Early Childhood Research (IFP), Munich, Germany: Susanne Kreichauf, Andreas Wildgruber
 Harokopio University (HUA), Athens, Greece: Yannis Manios, Odysseas Androutsos, Anastasia Livaniou, Katerina Lymeropoulou
 University of Zaragoza (UniZar), Zaragoza, Spain: Luis A. Moreno Aznar, Theodora Mouratidou, Maria Isabel Mesana Graffe
 VU University Medical Center (VUMC), Amsterdam, The Netherlands: Mai Chin A Paw, Saskia te Velde

Contributors:

Roehampton University, (RoU), London, United Kingdom: Leigh Gibson
 Children's Memorial Health Institute (CMHI), Warsaw, Poland
 Medical University of Varna (MUV), Varna, Bulgaria: Mina Lateva, Natalya Usheva, Sonya Galcheva, Vanya Marinova, Violeta Iotova
 AOK-Publishing Company (AOK), Remagen, Germany
 Durham University (UDUR), Durham, United Kingdom: Carolyn Summerbell, Helen Moore, Catherine Nixon

Publisher/ Illustrations, Graphic and Sales:

AOK-Publishing Company, Lilienthalstr. 1-3, 53424 Remagen, Germany

© Copyright 2012 Ghent University, Ghent; Ludwig-Maximilians-University, Munich; State Institute of Early Childhood Research, Munich;
 Harokopio University, Athens; University of Zaragoza, Zaragoza; VU University Medical Center, Amsterdam; AOK-Publishing Company, Remagen

We acknowledge the adoption of concepts and ideas from previous programmes such as ENERGY, POP, Cretan Health and Nutrition
 Intervention programme, and of text and material from TigerKids

 The research leading to these results and the creation of this material has received funding from the European Union's Seventh
 Framework Programme (FP7/2007-2013) under grant agreement n° 245200.

For further information and reproduction purposes please visit the Toybox website: www.toybox-study.eu

Contents

Sedentary Behaviour	2
Reducing the time of sedentary activities in ToyBox.....	2
Part 1: Setting environmental changes in the kindergarten	4
How to rearrange the kindergarten environment.....	4
Part 2: Child performing the actual behaviour	6
General instructions for short movement breaks.....	6
Short movement breaks (1–5 minutes)	7
Part 3: Classroom activities	12
Kangaroo stories.....	12
Longer movement breaks (15- 20 minutes)	25
Suggestions for movement breaks	26
Classroom activities	26
Ideas on how to use the movement corners.....	31
Part 4: Acknowledgement and References.....	34