



TEACHER'S QUESTIONNAIRE

Country code	Preschool number	Class number	Code number
_	_ _	_ _	_ _ _

Today's date

_ _	_ _	_ _ _ _
Day	Month	Year

The present questionnaire is available for free use with the obligation to explicitly reference the Toybox-study (www.toybox-study.eu) and add the relevant references:

1. Manios Y, Androutsos O, Katsarou C et al. Designing and implementing a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014 Aug;15 Suppl S3:5-13. doi: 10.1111/obr.12175.
2. Mouratidou T, Miguel ML, Androutsos O et al. Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based, family involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014 Aug;15 Suppl S3:53-60. doi: 10.1111/obr.12183.



Dear Teacher,

Children in your class and their parents are participating in a large European study that investigates dietary and physical activity patterns of around 5000 children from Belgium, Bulgaria, Germany, Greece, Spain, and Poland. We very much hope that you are willing to fill in the questionnaire. Your participation is voluntary and your part in this component of the study will be completed once we receive the questionnaire back. All answers will be treated in strict confidence and in accordance with the regulations regarding data protection, and the information will only be used for research purposes. No one will be given access to your answers except for the researchers.

You do not need to put your name on the questionnaire. When you have answered the questionnaire put it in the envelope provided and hand it in yourself to the researcher. If you have any other queries or want further information please contact <name of contact person country specific> at <Institute name country specific> on <Phone number country specific> or visit the ToyBox website: <http://www.toybox-study.eu/> add country-specific ext

Yours sincerely,

Name & Signature of Professor in charge of the ToyBox intervention in each country

? How to complete the questionnaire ?

- Please complete the questionnaire using a **blue or black pen**.
- Most of the questions can be answered by placing a clear **X** in the answer box. Mark only one box per question unless multiple answers can be given. This will be indicated next to the question.

Please read the following statements and tick the boxes most appropriate to your situation:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Doing activities in which the children sit for more than 30 minutes is not good for them	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input checked="" type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
I encourage the children to stand up when they sit for a prolonged period of time at the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input checked="" type="checkbox"/> ₄	<input type="checkbox"/> ₅

If you wish to change an answer, leave the incorrect answer box marked ,X‘ and make the correct answer box completely black:

Please read the following statements and tick the boxes most appropriate to your situation:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Doing activities in which the children sit for more than 30 minutes is not good for them	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input checked="" type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
I encourage the children to stand up when they sit for a prolonged period of time at the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input checked="" type="checkbox"/> ₄	<input type="checkbox"/> ₅

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A. Drinking behaviour

The following part of the questionnaire aims to assess your drinking behaviour. It is important to remember that there are no right or wrong answers. Fill in what applies to you or your situation.

When we say:

- Water: we mean tap water, mineral water, natural sparkling or still water
- Soft drinks: we mean all sugared or sweet-flavored beverages, carbonated or not, plain or light e.g. Cola and Cola light/zero, Ice Tea, 7-up, Pepsi, Fanta, Fanta non-carbonated, Sprite, Orangina etc
- Pre-packed juices: we mean all fruit juice-based products including 100% fresh juice bottled or in paper-pack, 30% fruit-juice with added sugared (nectar), sports drinks, smoothies, canned juices e.g. Life, Tropicana, Lemonade, Lucozade

A1. How often do you think a child 4-6 years old should drink soft drinks or pre-packed juices?

- ₁ Never
- ₂ On certain occasions e.g., birthdays
- ₃ 1 or less glasses per week
- ₄ 2-4 glasses per week
- ₅ 5-6 glasses per week
- ₆ 1-2 glasses per day
- ₇ 3-4 glasses per day
- ₈ 5 or more glasses per day
- ₉ I don't know

A2. How many glasses of water do you think a child 4-6 years old should drink daily?

- ₁ None or scarce
- ₂ 1 glass per day
- ₃ 2 glasses per day
- ₄ 3 glasses per day
- ₅ 4 glasses per day
- ₆ 5 glasses per day
- ₇ 6 glasses per day
- ₈ 7 glasses per day
- ₉ 8 or more glasses per day
- ₁₀ I don't know

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Please read the following statements and tick the boxes most appropriate to your situation:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
A3. Drinking water is the best option for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A4. Drinking soft drinks or pre-packed juices several times per week is healthy for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A5. It's not good for the children to drink soft drinks or pre-packed juices every day	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A6. Children should drink more water if it is hot or if they are more physically active	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A7. Drinking soft drinks or pre-packed juices is equally good for the children to drinking water	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A8. I offer soft drinks at the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A9. I offer pre-packed juices at the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A10. If I would like to drink soft drinks or pre-packed juices in preschool/the classroom, I would try to restrain myself because of the presence of the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A11. I make water always available in the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A12. I encourage the children to drink water sufficiently at preschool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A13. I find it easy to encourage children to drink water at preschool when they don't feel thirsty	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A14. I find it easy to make water always available for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A15. It is a habit for me to drink water sufficiently in preschool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
A16. I make soft drinks or pre-packed juices always available for the children in the preschool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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B. Snacking behaviour

The following part of the questionnaire aims to assess your snacking behaviour. It is important to remember that there are no right or wrong answers. Fill in what applies to you or your situation.

When we say **SNACKING**, we mean all food items consumed as snacks in between the main meals of the day i.e. between breakfast and lunch (morning snack), between lunch and dinner (afternoon snack) and before going to bed (evening snack).

Examples of snacks include:

- pieces of fruits or vegetables, biscuits, yogurt (plain and flavored), cereal bar, bread, packet of crisps, bar of chocolate etc

When we say:

- Fruits or Vegetables: we mean pieces of fruits or vegetables (do not include juices)
- Bread or Cereals: we mean any kind of bread or breakfast cereals or cereal products
- Dairy products: we mean any kind of milk (plain and flavored), yogurt (plain and flavored) or cheese.
- Sweet or salty snacks: we mean any kind of chocolate, biscuits, candy, crisps, croissants, pizza or ice cream etc

What do you think is an acceptable consumption of the following food items for 4-6 year old children?

	Never	On certain occasions e.g. birthdays	1 or less times per week	2-4 times per week	5-6 times per week	1-2 times per day	3-4 times per day	5 or more times per day
B1. Sweets/candies/ chocolate	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B2. Biscuits/cookies/ cakes/muffins	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B3. Crisps and other similar salty snacks	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B4. Fruit	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B5. Vegetables	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B6. Pizza, cheese pies/ meat pies	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B7. Milk (plain)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B8. Yogurt (plain)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B9. Milk (flavored)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B10. Yogurt (flavored)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈
B11. Cheese	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇	<input type="checkbox"/> ₈

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Please read the following statements and tick the boxes most appropriate to your situation:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
B12. Eating snacks is good for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B13. Eating fruits or vegetables as a snack is good for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B14. Eating sweet or salty food items as a snack is good for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B15. I often make fruit or vegetables available as a snack in the classroom for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B16. I often make sweet or salty snacks available as a snack in the classroom for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B17. I encourage parents not to give children sweet or salty snacks at preschool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B18. I find it difficult to promote eating healthy snacks in preschool when parents oppose this rule	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B19. It is easy for me to promote eating healthy snacks in preschool even when I have a tight schedule to follow	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B20. It is difficult for me to discourage children from bringing in the preschool sweet or salty foods as snacks	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B21. I often eat fruits or vegetables as a snack in preschool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B22. I often eat sweet or salty foods as a snack in preschool	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
B23. I would restrain myself from eating sweet or salty as a snack in the classroom because of the presence of the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B24. Eating regularly any type of snacks helps the children meet daily nutrient recommendations	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
B25. Meeting the daily nutrient recommendations is important for the children's growth and development	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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C. Physical Activity

The following part of the questionnaire is to assess your physical activity behaviour. It is important to remember that there are no right or wrong answers. Fill in what applies to you or your situation.

In the following questions, when we say PHYSICAL ACTIVITY including practicing a sport or exercising we mean:

Activities that make an individual breathe harder or sweat i.e., walking, cycling, team sports like football and organized activities such as swimming

C1. I think that the recommendation on PHYSICAL ACTIVITY for 4-6 year old children is:

- ₁ To be physically active one day a week
- ₂ To be physically active 2-3 days a week
- ₃ To be physically active every day for 30 minutes to 1 hour
- ₄ To be physically active every day for 1-2 hours
- ₅ To be physically active every day for 3-4 hours
- ₆ To be physically active every day for 5-6 hours
- ₇ To be physically active every day for 7-8 hours
- ₈ To be physically active every day for more than 8 hours
- ₉ I don't know

Please read the following statements and tick the boxes most appropriate to your situation:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
C2. Being physically active is good for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C3. Using active transport (e.g. walk, ride a bike,...) is good for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C4. I find that teaching in an active way is beneficial for children's health	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C5. Children learn faster when teaching takes place in an active way	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C6. I think that it is beneficial for the children to plan physical activity lessons in the classroom or at the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C7. It is a habit for me to plan movement breaks during the day	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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for the children in the classroom					
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
C8. I routinely plan active ways of teaching in the classroom or at the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C9. It is a habit for me to be physically active with the children at the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C10. It is a habit for me to encourage the parents to dress their children correctly to the weather conditions	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C11. I find it difficult ensuring availability of toys or equipment/material (bal, rope, bike, swing, ...) for the children to play active at the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C12. It is not hard for me to provide movement breaks during the day/lessons in the classroom even when I have a tight schedule to follow	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C13. I find it easy to encourage the children to be active at the playground, if the weather is not good or cold	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C14. I find it easy to provide two physical activity lessons per week when space is limited	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C15. I often encourage parents to dress their children correctly to the weather conditions	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C16. I often encourage the children to be active at the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
C17. I would restrain myself from being inactive because of the presence of the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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D. Sedentary activities

The following part of the questionnaire aims to assess your sedentary behaviour. It is important to remember that there are no right or wrong answers. Fill in what applies to you or your situation.

When we say SEDENTARY activities, we mean all sitting and lying activities, such as watching television and/or DVD, using the computer, drawing and looking into books.

By screen viewing activities, we refer to the usual time spend in a range of activities including TV/DVD/Video, electronic games and recreational computer use per day

D1. I think that the recommendation for TV VIEWING for 4-6 year old children is:

- ₁ Not to watch television at all
- ₂ To watch television not more than a few times per week
- ₃ To watch television for maximum 1 hour per day
- ₄ To watch television for 1 to 2 hour per day
- ₅ To watch television for 3 to 4 hours per day
- ₆ To watch television for 5 to 6 hours per day
- ₇ To watch television for 7 to 8 hours per day
- ₈ To watch television for more than 8 hours per day
- ₉ To watch television as often as he/she likes
- ₁₀ I don't know

Please read the following statements and tick the boxes most appropriate to your situation:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
D2. Doing activities in which the children sit for more than 30 minutes is not good for them	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D3. I encourage the children to stand up when they sit for a prolonged period of time in the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D4. Limiting my own time sitting down is good for the children	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D5. It is a habit for me to plan activities in which the children do not have to sit for more than 30 minutes	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D6. I often encourage the children to stand up when they sit down for a prolonged period of time at the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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- Manios Y, Androustos O, Katsarou C et al. Designing and implementing a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014 Aug;15 Suppl S3:5-13. doi: 10.1111/obr.12175.
- Mouratidou T, Miguel ML, Androustos O et al. Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based, family involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014 Aug;15 Suppl S3:53-60. doi: 10.1111/obr.12183.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
D7. I make sure that there are assignments that the children need to fulfil standing up in the classroom	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D8. I find it difficult to decrease children's total sitting time in the classroom when I have a tight schedule to follow	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D9. It is easy for me to rearrange the classroom so that children can fulfil standing up assignments	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D10. I allow the children to switch from sitting down to standing up activities without asking	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D11. I try to restrain myself from sitting down for extended periods in the classroom while the children are present	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D12. I do not think it is necessary to provide activities in which the children sit down for less than 30 minutes	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
D13. I am aware of different strategies to decrease children's total sitting time per day in the classroom and the playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

D14. How often do you have breaks in your classroom?

- ₁ Every 30 minutes
- ₂ Every 1 hour
- ₃ Every 1 hour and 30 minutes
- ₄ Every 2 hours
- ₅ No planned breaks/varied by day
- ₆ I don't know

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2. Mouratidou T, Miguel ML, Androustos O et al. Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based, family involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014 Aug;15 Suppl S3:53-60. doi: 10.1111/obr.12183.