

## Activities to reinforce the 9-5-2-1-0 message

Topic	Idea	Audience	
		Young children	Older children
9 hours of sleep	<u>Sleep card game</u>	x	
	<u>Head to Bed Maze</u>	x	
	<u>Sleep calculator</u>		x
	<u>Sleep for Kids Website</u>		
5 servings fruits/vegetables (half the plate)	Print out and discuss <u>CSPI: Smart Mouth Snacktoids</u>		x
	Print out and discuss <u>Trust Gus: Big food marketing tactics</u>		x
	Other activities and resources from the <u>CSPI SmartMouth site</u>	x	x
2 hours max of screen time	Rank, do, practice, learn any of the <u>20 screen-free activities</u>	x	x
1 hour or more of physical activity			
0 servings of sugary drinks	Sugar content of common drinks (label reading) + sugar packet comparisons		x
General health and nutrition messages that align with 95210	<u>Chef Solus</u>	x	
	Order a free copy of <u>Nutrition Detectives</u> or contact EHHD @ 860-429-3361 to borrow a CD	x	
	<u>SmallStep Kids</u> is filled with fun activities for healthy eating active living (from the US DHHS)	x	
	<u>Betchacant: Choose your Dare!</u>	x	x
	<u>Kidnectic Site</u>	x	