

THE KIDS TV ACTIVITY GUIDE

This book belongs to: _____

EDU



HI FRIENDS! I'M RICO THE RHINO



I want to show you how to
stay active while having fun.

**ARE YOU READY?
LET'S GO!**

EXERCISE FACTS

Did you know...

- Kids spend more than 7.5 hours a day in front of a screen
 - Only one-third of kids are physically active every day
 - Exercising makes your muscles stronger
 - Regular exercise helps reduce your chances of getting certain diseases
 - The government recommends kids getting 60 min or more of exercise each day
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EXERCISE SAFETY

Do's and Dont's

DON'T

- Use household objects that are breakable or too heavy
- Exercise near sharp corners
- Eat a big meal right before exercising

DO

- Ask an adult if it is okay to exercise in your chosen location
- Take a break when you get tired
- Drink plenty of water to stay hydrated
- Stretch before you begin exercising
- Have fun!

FUN EXERCISES TO DO WHILE YOU WATCH TV

If you see/hear a commercial about this...

Cereal

An athlete

Medicine

Clothes

Toys

Cell phones

DO THIS!

10 jumping jacks



5 push ups



Jump 5 times



5 squats



Jog in place for 15 seconds



5 sit ups



FUN EXERCISES TO DO WHILE YOU WATCH TV

If you see/hear a commercial about this...

Soda

A new movie

Candy

Pets

Gas

Insurance

DO THIS!

Touch your toes for 10 seconds



Plank for 10 seconds



5 crunches



Wall sit for 10 seconds



Side shuffle for 15 seconds

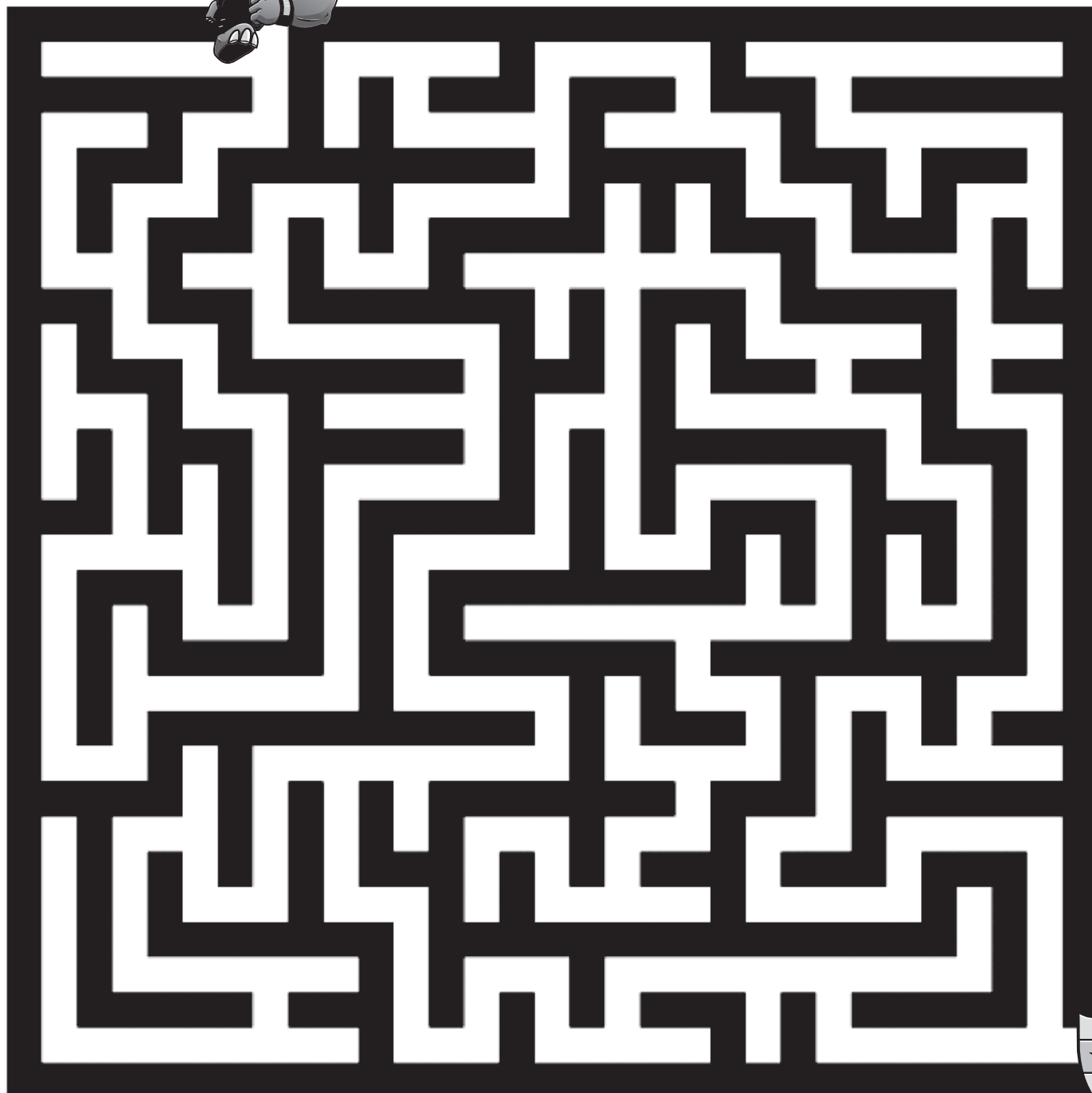


Ski jump for 15 seconds



HELP RICO GET TO THE GOLD MEDAL!

After you reach the medal, color in the medal and the tigers' outfits.



EXERCISE SAFETY QUIZ

- 1. True or false: You should drink plenty of water to stay hydrated during exercises.**
 - a. True
 - b. False
- 2. What's one way to warm up your muscles before beginning to exercise?**
 - a. Take a hot shower
 - b. Stretch
 - c. Drink lots of water
 - d. None of the above
- 3. What should you do when you feel tired during an exercise?**
 - a. Finish as fast as you can
 - b. Close your eyes
 - c. Stop and rest
 - d. Call 911
- 4. Who should you ask before beginning an exercise?**
 - a. A trusted adult
 - b. Your next door neighbor
 - c. No one
 - d. Your math teacher
- 5. How long should you wait after eating before you begin exercising?**
 - a. 5 minutes
 - b. 2 days
 - c. 10 seconds
 - d. About an hour
- 6. What is a good way to cool down after exercising?**
 - a. Stretch
 - b. Run a mile
 - c. Jump in ice water
 - d. All the above
- 7. What's a good drink that will keep you hydrated during exercises?**
 - a. Kool-Aid
 - b. Lemonade
 - c. Water
 - d. Milkshakes
- 8. How often should you exercise?**
 - a. Once a day
 - b. Only in the summer
 - c. Five times a month
 - d. None of the above



WORD SEARCH

K S V O D B S J S M V D K V W
E V T G S Q F I N A G M T J T
K V G R U S E G N U L S T Q V
F A I A E Y O G A L E Z V C E
U A T T A T R I I R C T O M P
N S Q V C A C E M U S C L E S
F K U Q C A S H T D T L A O A
M S N L N I U E S N M V O R H
S V Y C C J W A C E A S O I F
O C Q R R T T L K H D O D U D
R Z E D E N K T H T F V R E R
J X M W T H I H U F Q N P T E
E U O W A G B Z R Z V F O W V
K Y M E W S K Z Z O F P G W M
P Y W P K J P K Q M Y O W W V

ACTIVE

STRETCH

MUSCLES

HEALTH

EXERCISE

WATER

REST

JUMP

FUN

YOGA

SQUATS

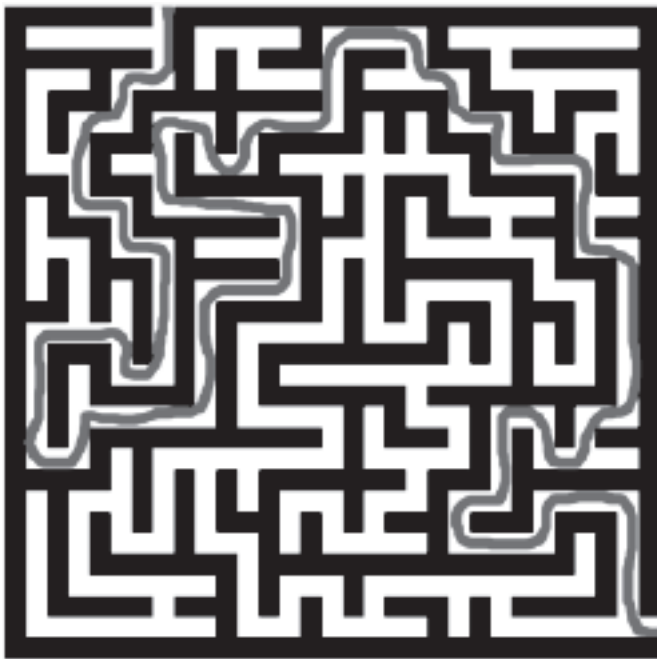
LUNGES

ANSWERS

Exercise Safety Quiz:

- | | |
|------|------|
| 1. a | 5. d |
| 2. b | 6. a |
| 3. c | 7. c |
| 4. a | 8. a |

Maze



Word Search

K	S	V	O	D	B	S	J	S	M	V	D	K	V	W
E	V	T	G	S	Q	F	I	N	A	G	M	T	J	T
K	V	G	R	U	S	E	G	N	U	L	S	T	Q	V
F	A	I	A	E	Y	O	G	A	L	E	Z	V	C	E
U	A	T	A	T	R	I	I	R	C	T	O	M	P	
N	S	Q	V	C	A	C	E	M	M	S	C	L	E	S
F	K	U	Q	C	A	S	H	T	D	T	L	A	O	A
M	S	N	L	N	I	U	E	S	N	M	V	O	R	H
S	V	Y	C	C	J	W	A	C	E	A	S	O	I	F
O	C	Q	R	R	T	T	L	K	H	D	O	D	D	U
R	Z	E	D	E	N	K	T	H	T	F	V	R	E	R
J	X	M	W	T	H	I	H	U	F	Q	N	P	T	E
E	U	O	W	A	G	B	Z	R	Z	V	F	O	W	V
K	Y	M	E	W	S	K	Z	Z	O	F	P	G	W	M
P	Y	W	P	K	J	P	K	Q	M	Y	O	W	W	V