

"CRAZY" IDEAS FROM TEENS

Promoting Healthy Lifestyles in your Community

Catch a Break –

Fill a basket containing a granola snack or fresh fruit, an exercise sheet, and a brochure containing all the ways to be physically active in their community. Take to area businesses and lead them in a short activity that they can do in their office space during a break.

“Power Up Today” T.V. Show –

Television spot made by teens aired on your local TV station with healthy snack ideas, fun fitness facts, and games to get children up and moving.

Family Fun Day at the Park –

Invite families to the park for the afternoon, plan non-competitive games (CATCH) and activities.

Amazing Fitness Race –

Participants start this adventure by picking an envelope that sends them somewhere to find a clue, when they get to the clue they must perform a “fitness task” and then are given their next envelope. Have a finish line, and celebration space with healthy snacks and participation medals/ribbons. You can also use a hand-held GPS device to this race!

Family Fitness Olympics –

Families participate in active teambuilding games at each checkpoint and receive an Olympic ring. When all are gathered they receive a medal ceremony and enjoy a sit down family meal together.

“Hoppin” Easter Egg Hunt –

Fill plastic eggs with directions to do an exercise or instructions for someone else do an exercise activity. As people find the eggs they perform exercises - kids love having the teens and adults do crazy exercises!.

“Walk This Way” events –

Plan a community walk on hiking trail Have tips about the trail and interesting facts/even a “sight” scavenger hunt while they walk. Plan a “Stroll down the Avenue” event where people walk downtown, getting a stamp on their pass at certain business stops along the way every so many blocks. Enjoy games or a street dance activity to celebrate the “Stroll”. You see the town during the walk☺. Kids actually like to hear the OLD stories – especially around Halloween! “Moonlight walk” uses luminaries to light a safe path to walk in the evening. Tie in the annual “Walk Kansas” program. Contact your local extension office for details on starting a team for the two-month (March – May) fitness challenge. Have a kick-off event to begin Walk Kansas and a Celebration at the end for all ages.

Family Fun Nights –

Family + Activity + A Creative Theme = FUN!!

Sock Hop – Have a Dance, play Hula Hoop games and “Don’t Get Twisted, Twist and Shout! “ (tie in with Red Ribbon week theme)

Hoe Down – Have a old-style games/events like a square dance, stick horse relays, roping games,

horseshoes etc.

Game Night – Have an open gym or outdoor area with equipment for families to play games together and create their own games. Have teen leaders to help instruct group games, relays and activities to play.

Advertise –

Council Grove Teens designed their own shirts with the theme “It’s your body, It’s your goal...Make the Choice to take Control!” Promote physical activity and healthy lifestyles with billboards, bulletin boards, banners, flyers, newspapers, magazines, bookmarks, church and school newsletters, parades, etc.

Host Activity Tournaments as an alternative to weekend “parties” –

Dance, Dance Revolution (DDR) and Wii Tournaments. Check out the cool stuff at: www.athleticstuff.com. CATCH is available at: www.catchinfo.org

Have a Health & Wellness Fair –

Set up booths with active games, juicer station, cooking healthy snack station, have a safety booth etc. Have teens plan, organize, host and evaluate the fair!

Get Activity Going at regularly scheduled events –

It only takes a few minutes to play some fun games and get that heart rate up and the giggles going! PTO, PTA Back to School nights, Conference nights, VBS activities, Open Houses, club meetings, community festivals, and reunions to name a few!

More Ideas to run with -

Try some Pedometer Activities, GPS hunts, Obstacle courses, Field days, Walk at Lunch Club, Kite Festivals, “Twister Mania”, Pick up trash ” Recycle day”, Hold a healthy food banquet, dance contests, scavenger hunts, swim-a-thon, bike-a-thon, walk-a-thon.....



“To accomplish great things we must dream as well as act.”

Anatole France
French novelist (1844 - 1924)
won the Nobel Prize for Literature.

Top "10" Lessons Learned

WHEN WORKING WITH YOUTH-ADULT PARTNERSHIPS

1. Youth see beyond right now
2. Adults try to stereotype "teens"
3. Youth want to have a voice and be heard
4. Adults respect teens as co-workers
5. Youth are busy and able to juggle
6. Adults want the youth to lead
7. Youth are waiting for "their" opportunity
8. Adults don't always let youth know they do well
9. Youth don't have "job" skills yet
10. Adults and Youth work Terrific as a TEAM!

Successful youth and adult partnerships must:

- Experience the planning together; share in doing the activity together,
- Process the activity together, generalize the activity together, and
- Apply lessons learned together!

"It is not a partnership without bumps along the road,
but well worth the journey" (A. Mayhill)

For more information

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