

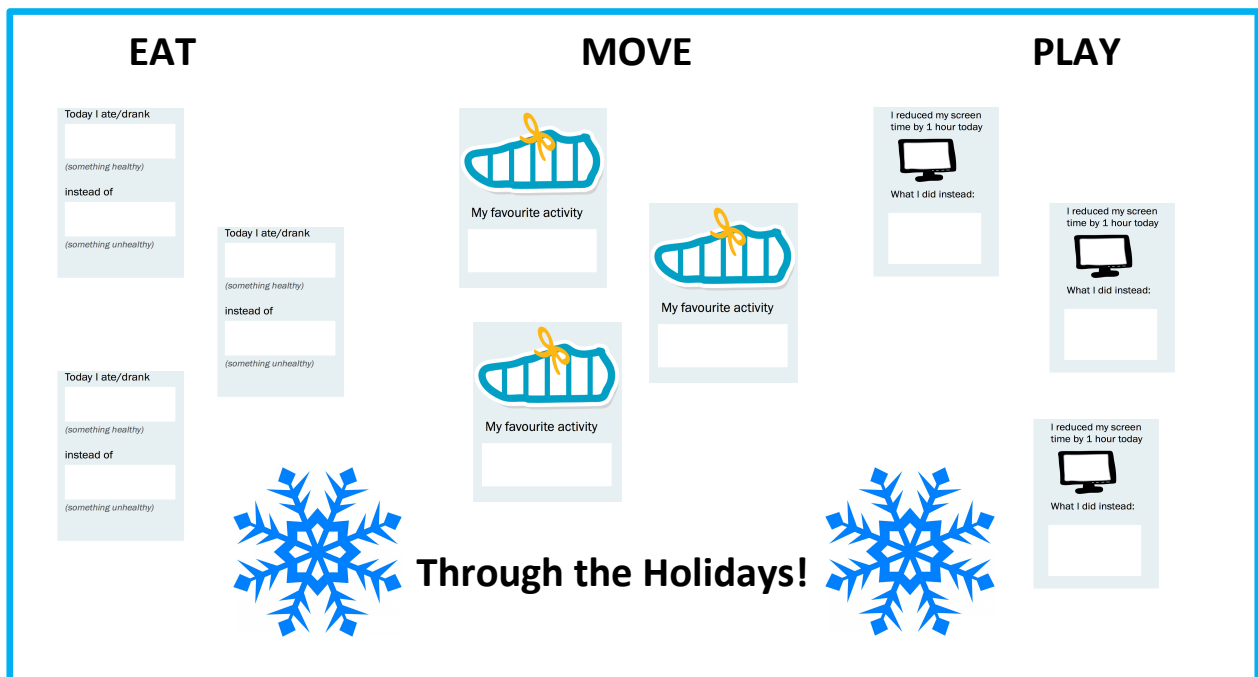
## Eat, Move and Play Through the Holidays

### Monthly Campaign Bulletin Board

**Theme:**

The concept for this bulletin board, is to brainstorm ideas about how students can eat, move and play through the holidays. This concept links directly to Ever Active’s Eat Move Play Campaign. Get students thinking about an active and healthy lifestyle during the school break.

**Bulletin Board Example:**



**Classroom Instructions:**

Review the Eat. Move. Play. Challenge document. Decide what classes will participate in the challenge, or it can be a school wide challenge that also includes staff. Next, decide which week the challenge will take place. Once you’ve determined who’s going to participate and when the challenge will take place, have a discussion with the students explaining the challenge. Remind students that it’s important to continue to make healthy choices, even during the holiday seasons.

**Bulletin Board Instructions:**

Have students fill out the posters provided below and post them to the bulletin board. Students can fill them out prior to the actual start date of the challenge as a kind of “I will” statement leading up to the challenge. Another option is to have students fill out their posters during the challenge to represent the healthy choices they’ve actually made while participating in the challenge.

If you have any information or handouts about your healthy school, make sure that they are available for parents or community members.




**My favourite activity**

Today I ate/drank



*(something healthy)*

instead of



*(something unhealthy)*

I reduced my screen  
time by 1 hour today



What I did instead:



**EAT**

**MOVE**

**PLAY**

**Through**

**the**

**Holidays!**

