

KANGAROO JUMP 8

Celebrating JIFF

PAGE	ACTIVITY	HOW TO MAKE IT INCLUSIVE
131	Evaluation & Celebration	Inclusive.
132	Jump Into Fitness: Stretching Mirrors	During step #3 of the activity procedures, make it optional for students to lie down.
133	Review: Heading for the Future	Inclusive.
135	JIFF Eating and Physical Activity Goal Sheet	Inclusive.
136	Evaluation: The JIFF Sound Off Survey	Inclusive.
140	Evaluation Activity: Secret Messages for Jiff the Joey	Use the Sound Off Survey but consider not doing this activity. If you do, have students place completed forms in a box, envelope or hat instead of the cartoon kangaroo pouch. Also, if children are in the group, remind them that Joey is a fictional character. Adults and children do not exchange secret messages.
145	Celebration: Party With Jiff the Joey	Inclusive.
146	Certificate	An updated certificate is available in the resource section of this jump.
147	Jump Into Foods: The Pyramid Snack Buffet	Inclusive.

My Healthy Eating and Physical Activity Goals

Name _____

Date _____

Eating habits	Never	Some-times	Most of the time	Always
Think about what you usually eat for breakfast, lunch, dinner and snacks. Every day, do you...				
Wash your hands before making or eating any food?				
Eat whole-grain foods, such as whole-wheat bread or whole-grain cereal?				
Eat two or more fruits?				
Eat three or more vegetables?				
Drink milk or eat yogurt or cheese at least 3 times?				
Eat breakfast?				



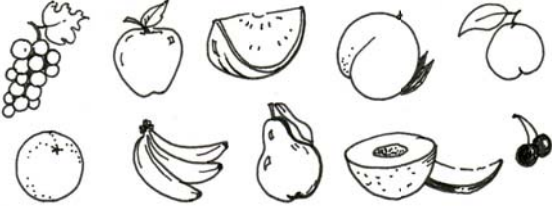


When:	Eating Goals:	Physical Activity Goals:
Today:	<ul style="list-style-type: none"> ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪
Tomorrow:	<ul style="list-style-type: none"> ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪
This week:	<ul style="list-style-type: none"> ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪
This month:	<ul style="list-style-type: none"> ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪

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My Healthy Eating and Physical Activity Goals

Name: _____

Date: _____

Each day do you?	Never	Sometimes	Always
 <p data-bbox="516 478 820 520">Wash your hands</p>			
 <p data-bbox="186 871 548 913">Eat whole grain food</p>			
 <p data-bbox="186 1165 527 1207">Eat 2 or more fruits</p>			
 <p data-bbox="186 1480 625 1522">Eat 3 or more vegetables</p>			
 <p data-bbox="186 1774 852 1869">Eat 3 or more servings of milk, cheese, yogurt</p>			