



Prepping Your Site to be 5210 Ready

- Hang 5210 posters throughout the facility and in each classroom.
- Dedicate one or more bulletin boards to promoting the 5210 program and wellness events or activities.
- Make daily or weekly announcements about the program.
- Create a section of your program newsletter dedicated to 5210 and related topics.
- Decorate the classroom walls with age-appropriate educational posters promoting physical activity and healthy eating.
- Encourage all program staff to role model 5210 behaviors.
- Provide trainings for staff to fully educate them on the 5210 program.
- Embed the 5210 message into lesson plans and the curriculum, especially in health and physical education themed lessons.
- Send parent handouts home to reinforce what children are learning in the classroom.
- Trigger program-wide excitement about the program by planning a kickoff, during the program day, or at a special Parent's night, with activities based on nutrition and physical activity.