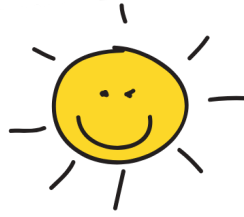


THRIVE

SUMMER 2020: ONLINE PROGRAM



WELCOME TO TEAM THRIVE: SUMMER 2020!

We are so excited for this program and how it will impact the families of Knox County! We've provided all the information you need for the program right here including materials and how-tos for the program.

We will also discuss each item during our Kick-Off week starting June 1st so you can choose to read here or wait for us to discuss it!

We have SO many fun things planned and we can't wait to get started!

WHAT DO I DO NEXT?

1. Read through the different components of the program (or wait for us to discuss them!) and gather materials for Kick-off Week: June 1-7
2. Print 3 to Thrive sheets and Movement Baseline sheets (contact us if you do not have ability to print!)
3. Keep an eye on the Team Thrive Facebook Group for important updates, invite your friends and get excited!

KICK-OFF WEEK: JUNE 1-7

Throughout this week we will teach you the different components of the program and how things will work throughout the next 8 weeks. Make sure to check in daily to the Facebook group and work through the activities with your child!

M	Baseline Movement activities + Team Intros
T	Points & Rewards
W	3 to Thrive Introduction and Setting a Goal
TH	Nutrition Basics
F	Family/Individual Activity

MATERIALS

Tape, measuring stick, reusable grocery bag, heavy objects (books, weights, bricks), rope or belt.

TIPS

1. Make sure you have joined our Facebook Group, www.facebook.com/groups/teamthriveknoxcounty
2. Keep materials for each week in a designated spot so you are ready when the activity comes up!
3. Get your kids excited!

PROGRAM OVERVIEW

Our goal is to help parents keep their kids active, engaged, and connected throughout this summer so they can end the summer STRONGER than when they started! Each week we will provide weekly workouts, simple movement activities and games (family and individual), mindset activities, nutrition and expert chats, and a local adventure that can be incorporated into your daily schedule! All of these activities will be posted on the Team Thrive Facebook group. This page will be our home base for the program and we encourage interaction and posting in order to grow community. We want to see what your kids are doing each week and how they are using the activities so that we are able to encourage them! We will also post many things to the website, www.movegrowthrive.com and a weekly overview email will be sent on Sundays to help you prepare for the week and to make sure you don't miss anything! As with any program, the age of your child will determine the amount of assistance they will need in order to complete the activities throughout the week. We like to encourage a healthy dose of intentionality on the part of the parent while also encouraging independence and responsibility for the children!

REFLECTION

Before we begin the program, take some time for a little reflection:

Why do you want this for your child?

Why do you want them in this type of program?

What is your goal for them at the end of the summer?

How do you want them to come out of this changed?

Then, remind yourself that it takes work. Helping our children to grow and develop into responsible humans does not come easy. It takes intentionality and purpose in what we choose to do and how we spend our time.

Whatever intentionality you choose to bring to this program with your child will determine its success. BUT it is worth it. Promise 😊

Let's get started!

3 TO THRIVE

This is the most important part of the program as it is the foundation for what we try to teach kids in all that we do.

Each day members will work to complete three activities that will help them work towards instilling healthy habits and building strong bodies and strong minds. The three activities are:

MOVE – intentionally move your body for at least 60 minutes. This could be a workout or activity we have posted or simply going for a bike ride. Just move.

GROW – strengthen your mind each day by doing something new or working towards a goal you have set. This could be completing the mindset activity for the week or learning how to play the piano. Just grow.

NOURISH – fuel your body each day by providing it with the nutrients it needs to thrive. Eat at least 1 fruit and 1 vegetable a day and do the things that help your body function optimally. Just NOURISH.

Kids will use the 3 to Thrive Tracker in order to track their progress.

Each week they will fill out the check-in form and share how many days they were able to complete the 3 to Thrive and earn points for their team (more on that later!).

On the tracker there is also a space to write a goal that they can work on this summer!

TIPS

1. Place the 3 to Thrive Tracker in a prominent spot (on the fridge, etc) so your child is reminded to complete their activities. Encourage them to take responsibility for the completion.
2. Break down their chosen goal into small steps that can be done each day. A little progress goes a long way.
3. Set a designated time in the morning to plan how you will get in the 3 activities during that day. Help them to prepare in advance so they don't end the day trying to squeeze something in.

MOVEMENT BASELINE

Before beginning the program it is important to have a baseline for your child's current level of physical and mental strength so we can see a level of growth at the end. In order to do this you will need to complete the Movement Baseline and record your child's scores on the score sheet.

The Movement Baseline will focus on the 4 core movements of the Thrive program:

- PUSH – Push-up/Knee Push-up/Plank
- PULL – Weighted drag for speed (100ft, 150 ft, 200 ft)
- SQUAT – Squat (broad) jump for distance
- HINGE – Sprint (100m, 150m, 200m)

You can find a how-to video with specific details about each movement at www.movegrowthrive.com/movementbaseline

TIPS

1. Complete a warm-up before doing the activities -run around the yard, jump on the trampoline, do a jumping jack tabata, etc.
2. Practice all the movements before attempting a best effort.
3. Set up different stations for each activity and make it a fun event!

BONUS

Do a quick reflection of your child's current mindset. Rate your child's current level for each of these mindsets on a scale of 1-10: confidence, energy, motivation, productivity, role model, and courage.

WORKOUTS

Each week we will post a workout on Monday morning that will need to be completed by Sunday in order to receive points for your team! These workouts will be leveled (green, blue, black) according to your child's ability and can be completed at home or with friends!

If there is interest, we will also be hosting a weekly Zoom call in order to complete the workout together if your child would like to join! There will be an opportunity to RSVP for the class so we are aware of what members will be attending!

LEVELS

Each workout presented will contain 3 different levels which can be used according to your child's ability. When a workout is released, refer to your child's movement baseline scores in order to help them determine what level to choose.

REMEMBER: No level is better than the other. They are just DIFFERENT! The levels are:

Green – STAR level

Blue - SUPERHERO level

Black – BEAST level

TIPS

1. Watch the video explaining the workout then write the workout down on a piece of paper so your child can take the workout outside to complete instead of staring at a screen to complete it! Better yet, DO IT WITH THEM!
2. Set aside a designated time each week in order to complete the workout. Make it a habit and you will be more likely to get it completed!
3. Have your child check-in with friends after completing the workout to see how everyone did. This will give them a sense of accountability and further motivate them to work hard!

GAMES/ACTIVITIES

Each Tuesday we will be providing a simple game or activity that can be done with 1 or 2 people and gets kids moving! These games will be simple in nature and able to be completed with the materials from the list below! The activities provided will be a perfect way to complete the MOVE category for the daily 3 to Thrive!

TIPS

1. Set a designated day or time to complete this activity so it becomes routine each week!
2. Invite family members to do it together and use it as a bonding experience!
3. Send a video or picture of child completing activity to a friend and encourage someone else to complete the activity!

MINDSET ACTIVITIES

Each Wednesday we will provide a short video on mindset along with a simple activity that you can do together with your kids. The goal of this activity is to get the conversation going about mindset and how we can help kids recognize the power of their mindset. We will provide talking points as well as phrases that can be used when discussing things with your child in order to help them strengthen their mind. One of the main concepts we try to reinforce at Thrive Kids is the idea that we CAN do hard things. You will see this concept reinforced throughout all of the activities in the program and you can begin to reinforce the same idea at home.

TIPS

1. Discuss the power of our minds on a regular basis and remind kids they have the option to choose their mindset.
2. Complete the activity together as a family and continue to come back to the discussion in order to strengthen the concept.
3. If something was created during the Mindset Work activity hang it in a prominent spot as a reminder about the concept that was taught.

NUTRITION CHATS

Our certified nutrition coach will be providing information for kids on a simple way to nourish their bodies and tips for instilling healthy habits. These tips will encourage kids and families to nourish their bodies in a way that helps them feel their best and gain the energy they need to do great things!

TIPS

1. Take the information from the talk and implement it that day whether it be drinking more water or eating a certain type of food.
2. Guide children to see food as NOURISHMENT and not as “good” or “bad”.

EXPERT TALKS

On Friday's we will bring in local sports or outdoor activities experts in order to teach about their sport and provide a challenge or tip for kids to work on for that sport! These experts will share about their sport or activity in order to help expand your child's knowledge and also introduce them to the many ways we can move our bodies and stay active.

TIPS

1. Watch the video together and then complete the challenge or tip presented right away
2. Learn more about the sport and practice it together as a family!

LOCAL ADVENTURES

Each week we will be providing a fun challenge for you to complete around the community and explore nearby areas. We will be hiding a “flag” in a certain location around town and leaving clues throughout the week as to its specific location! Members who find the flag will be awarded points for their team! This will be a time to get outside and explore together!

TIPS

1. Try to be the first one to the location and to find the flag!
2. Create an excursion out of the adventure or pack a picnic to enjoy while you search!

TEAMS

Members will be divided into 2 teams in order to create a friendly competition throughout the program! The goal here is 2-fold: first we want kids to work together for a common goal. Secondly, we want them to use the team as accountability to stay motivated! Teammates will be encouraged to reach out and check-in weekly in order to encourage others to complete their workouts, do their 3 to Thrive, and go on the local adventure!

TIPS

1. Choose 1 or 2 friends on your team for your child to connect with and then set up a schedule to check-in with them!
2. Update your child on the team scores in order to provide motivation for completing some of the extra activities! Write the teams and scores on a whiteboard on the fridge to encourage them to work hard for their team!

POINTS & AWARDS

Points will be awarded throughout the program for completing the weekly activities as well as any bonus activities! Each week there will be a submission form to fill out that will allow you to record your points and track them for your team. Submission forms will need to be submitted by Sunday at 8pm. Points will be awarded for: completing the weekly workout and posting to Team Thrive page completing 3 to Thrive daily checking in with teammates capturing the flag and posting to Team Thrive page + bonus activities Every week we will use the points submitted in order to choose a random winner for a gift certificate to a local business! The more activities completed throughout the week the better chance of being chosen as a winner. Each point counts as a submission.!

TIPS

1. Try to get all standard points every week by creating a habit out of doing the activities.
2. Keep a tally of your points on your 3 to Thrive Tracker

CONTACT INFO

Don't hesitate to reach out with any questions or concerns! Our goal is to serve you as you go through this summer with your child!

EMAIL

hannahkelling@gmail.com

WEBSITE

www.movegrowthrive.com

FB GROUP

www.facebook.com/groups/teamthriveknoxcounty

NAME: _____



BASELINE MOVEMENT SCORE CARD

PUSH

Plank Hold for Time

Max amount of knee push-ups in 1 minute

Max amount of push-ups in 1 minute

WEEK 1

WEEK 9

SQUAT

MATERIALS: tape, measuring tape

Broad jump for distance

Broad jump for distance

Broad jump for distance

WEEK 1

WEEK 9

PULL

MATERIALS: reusable bag, rope/string, weighted objects

Pull weighted bag 100 ft for time

Pull weighted bag 150 ft for time

Pull weighted bag 200 ft for time

WEEK 1

WEEK 9

HINGE

Run 100m for time

Run 150m for time

Run 200m for time

WEEK 1

WEEK 9

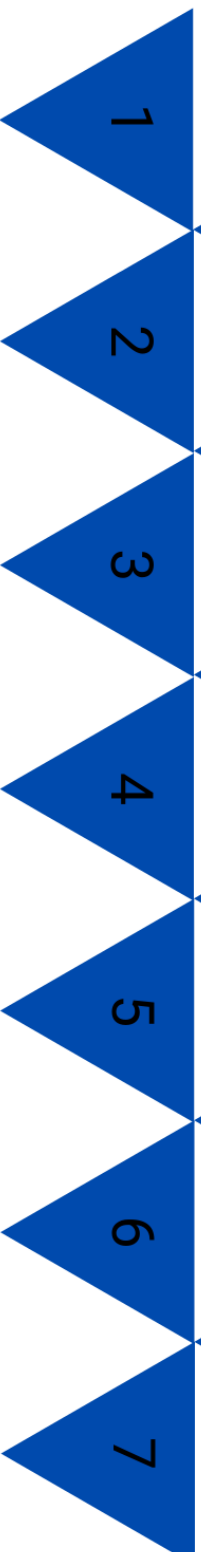
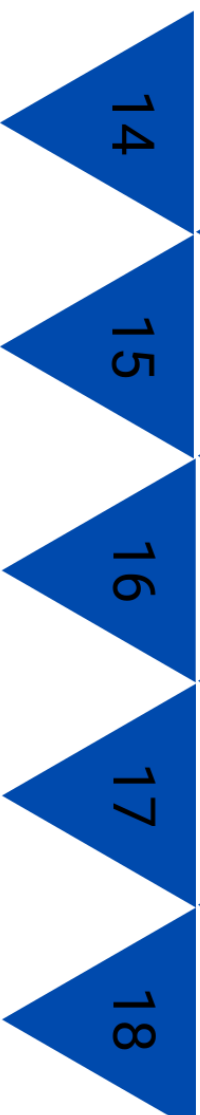
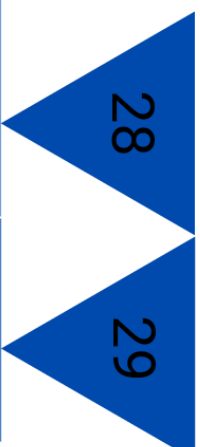
GROW

3 to THRIVE

MOVE..... NOURISH

Mark off a  every day you complete your 3 to THRIVE!

YOUR GOAL



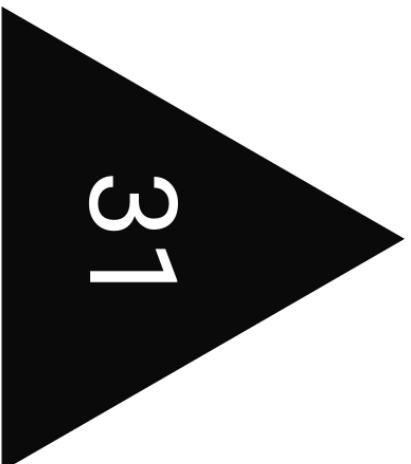
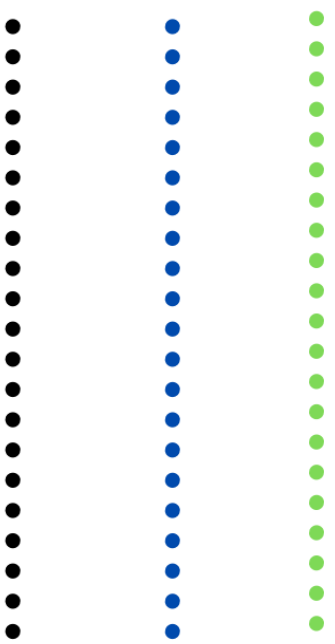
JUNE

YOUR GOAL

GROW
3 to
THRIVE

MOVE NOURISH

Mark off a  every day you complete your 3 to THRIVE!



JULY

