

Teacher Implementation Guide

Live Outside the Box (LOTB) is a one week activity to promote aspects of daily life that can help us all maintain a healthy active lifestyle.

Stage 3 students are encouraged to

- Eat a healthy breakfast, fruit and vegetables, drink water, and reduce the amount of less healthy foods they eat.
- Be physically active and limit screen time - turn off the TV, tablets and computer games.

Each student receives a *LOTB* student card to record their information. Parents/carers are encouraged to sign off the student card daily.

Each day students record on their *LOTB* card:

- If they eat a healthy breakfast
- The number of cups of water they drink
- The number of serves of fruit they eat
- The number of serves of vegetables they eat
- If they eat 'sometimes food'
- How many minutes of physical activity they do
- If they watch TV, use a computer/tablet/smart phone (excluding educational purposes)

The *LOTB* student card also includes useful tips and information to promote a healthy lifestyle.

All resources for this activity have been adapted from the Q4: Live Outside the Box Activity developed by the Health Promotion Service and Nutrition Service, Central Coast Local Health District and used by primary schools since 2004.

Pre – activity

- 1. Read the background information on each of the lifestyle factors:**
 - [Importance of breakfast](#)
 - [Choose water as a drink](#)
 - [Eat more fruit and vegetables](#)
 - [Eat healthy snacks](#)
 - [Be active](#)
 - [Limit screen time](#)
- 2. Encourage involvement and support from the school canteen**

Inform the canteen supervisor about the *LOTB* activity, and the promotion of water, fruit, vegetables and healthy snacks.
- 3. Inform parents/carers and the school community about *LOTB***

Add a note in the school newsletter or download and print off [fact sheets](#) for students to take home
- 4. Download and print off a [LOTB student card](#) for each Stage 3 student.**
- 5. Download a copy of the [LOTB student card](#) to use on the interactive whiteboard.**

During the activity

- 6. Getting started**

Distribute the cards to each student. Guide students on how to complete the card using a copy on the whiteboard as an example. Remind the students to fill in their card each day and get it signed by their parent/carer.
- 7. Build momentum**

Display posters in the classroom and discuss the key messages. Include snippets in the school newsletter on the lifestyle factors.
- 8. Total points**

At the end of the week, ask students to total their points for the week and reflect on what they achieved and learnt from the *LOTB* activity.
- 9. Finalise the activity**

Ask students to prepare an article for the school newsletter/letter home to parents/carers or do a presentation to other classes about *LOTB*.