

Appendix
Fit 5 Kids TV Reduction Program for Latino Preschoolers: A Cluster Randomized Controlled Trial
Mendoza et al.

Appendix Table 1. Weekly Themes, Lessons (L), and Educational Disciplines of the Fit 5 Kids Curriculum

	Language arts	Math	Music and movement	Arts and crafts
Week 1: Increase reading	L1, Favorite book L3, Make class book L4, Library	L2, Graphing book		L5, Create bookmark L6, Ribbons for readers
Week 2: Family meal time	L1, Berenstain Bears manners book	L4, Cooking activity L5, Placemat number match L6, Create place card		L2, Placemats L3, Create cloth napkins L4, Cooking activity L6, Create place card
Week 3: Instead of TV	L1, Poem L3, TV bingo L4, Little Miss Ruffet Book	L5, Make a clock	L6, Song	L2, Picture of the poem L3, TV bingo L4, Make a clock
Week 4: Too much TV	L1, Berenstain Bears Too Much TV book L3, Family activities list L4, Concentration game	L2, Star number match L5, Patterns	L6, Sing and dance	
Week 5: TV-turn off week	L1, Calendar L3, Classroom chart	L3, Classroom chart L4, Board game		L2, No TV sign L5, Collage
Week 6: Celebrate breaking free of TV	L5, Celebrate/read books	L4, Make a snack	L5, Celebrate/music and games	L1, Favorite activity pop-up cards L2, Flags L3, Party hats L4, Make a snack
Week 7: No more couch potatoes	L3, Rhyming match	L4, Potato bingo L5, Potato chart	L1, Couch potato pantomime	L2, Mashed potatoes painting L6, Happy potatoes

Appendix Figure 1. Fit 5 Kids lesson example.

Fit 5 Kids - Reduction of TV Viewing Curriculum

Summary

The program has lesson plans around the following areas:

- Increase reading
- Increase time families eat meals together with the television off
- Alternatives to television
- Too much television
- Vacation activities
- Turn off the television week
- Celebrate the television off
- No more couch potatoes
- Follow up activities

Each week contains a variety of lesson plans that are integrated into the curriculum of:

- Language arts: - reading, writing, listening, speaking,
- Math: - counting, identification of numerals, graphs, patterns, classification
- Movement and songs,
- Arts and Craft Projects
- Health and Science

Lessons are varied so they can be done with the whole group, small group or set up as center activities.

The projects are designed to develop skills and concepts so they are focused on the process of making things more than the product. Each product taken home will be child like, and representative of the development of each child.

Depending on your schedule and the number of children you are working with, you can plan one or two lessons a day and repeat many of them during the week. If your schedule is more limited, plan just a few lessons per week.

Each week has parent newsletter.

Each section is color coded to make it easier to use, but all materials that may be copied are in white so the copies will copy clean.

Fit 5 Kids - Reduction of TV Viewing Curriculum

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Week # 1 - Increase Reading

- Lesson # 1 Child's Favorite Book - Language Arts
- Lesson # 2 Graphing Books - Math
- Lesson # 3 Make Class Book - Language Arts
- Lesson # 4 Talk about Library and Librarians - Language Arts
Follow up activity - Field Trip and extended lessons
- Lesson # 5 Create Book Mark - Arts and Craft Project
- Lesson # 6 Create Ribbons for Favorite Reader - Arts & Crafts Project

Week # 2 - Increase the time families eat meals together with the TV turned off.

- Lesson # 1 The Berenstain Bears Forget Their Manners - Language Arts
- Lesson # 2 Create Placemats - Arts and Craft Project
- Lesson # 3 Create Cloth Napkins - Arts and Craft Project
- Lesson # 4 Cooking Activity - Science/Health
- Lesson # 5 Placemats Number Match - Math
- Lesson # 6 Create a Place Card - Math/Arts and Craft Project

Week # 3 - Alternatives to TV

- Lesson # 1 Poem - Language Arts
- Lesson # 2 Picture of the Poem - Arts and Craft
- Lesson # 3 TV Bingo- Language Arts/Arts and Craft
- Lesson # 4 Make Class Book - "Little Miss Ruffet" - Language Arts
- Lesson # 5 Make a Clock - Math/Arts and Craft
- Lesson # 6 Song - Music

Week # 4 - Too Much TV

- Lesson # 1 The Berenstain Bears and Too Much TV - Language Arts
- Lesson # 2 Star Number Matches - Math
- Lesson # 3 Make a List of Family Activities - Language Arts
- Lesson # 4 Concentration Game - Memory Game
- Lesson # 5 Patterns - Math
- Lesson # 6 Sing & Dance - Music/Movement

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Week # 5 - Turn Off the TV Week

- Lesson # 1 Calendar- Math/Language Arts
- Lesson # 2 NO TV sign - Arts and Craft
- Lesson # 3 Classroom Chart - Math/Language Arts
- Lesson # 4 Board Game - Math/Language Arts
- Lesson # 5 Collage - Arts and Crafts

Week # 6 - Celebrate

- Lesson # 1 Favorite Activity Pop Up Card - Arts and Crafts
- Lesson # 2 Flags - Arts and Crafts
- Lesson # 3 Party Hats - Arts and Crafts
- Lesson # 4 Make a Snack - Science/Health
- Lesson # 5 Celebrate - Games

Week #7 - No More Couch Potatoes

- Lesson # 1 Couch Potato Pantomime - Movement
- Lesson # 2 Mashed Potatoes Painting - Arts and Crafts
- Lesson # 3 Couch Potato Match Rhyming Match - Language Arts
- Lesson # 4 Potato Bingo - Math
- Lesson # 5 Grow a Potato and Potato Chart - Math/Science
- Lesson # 6 Happy Potatoes - Arts and Crafts

Vacation Week Take Home Pack

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TEACHING LESSONS: WEEK 1: INCREASE READING

Lesson #1 Child's Favorite Book

Objectives:

The children will:

- Bring in one of their favorite books
- Talk about why people read.
- Talk about the values of reading
- Tell what their book is about by looking at the pictures.
- Tell if the book is fiction or nonfiction
- Name the character of book
- Name the setting of book

Materials:

- Notes to parents asking them to send in a favorite book
- Children's Books

Procedure

1. Discuss the importance of reading with children. Such as:
 - Reading is fun
 - Reading lets us use our imagination
 - Reading helps us understand how other people think and feel
 - Reading teaches us things we never knew
 - Reading teaches us to do things we could not do before, such as how to put something together, make or bake something.
2. Have children talk about their favorite books, and discuss:
 - Why do you like this book?
 - Who or what is in the book? (Character)
 - Where did this book take place? (Setting)
 - Is this book about real things or is it pretend?
(Fiction/Nonfiction) How do you know?
 - Who else do you think would like this book?

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TEACHING LESSONS: WEEK 1: INCREASE READING

Lesson #4 Libraries and Librarians

Objectives

The children will:

- Tell about the classroom library and where books are kept in the center
- Talk about the libraries and where you can find them
- Tell who can use a library
- Talk about what a librarian does and how she/he is there to help you
- Create a sign with the word library on it for the book area

Materials

- Your classroom library or create a library in your dramatic play area or another area of the center.
- Cardboard and crayons for a sign (Children can copy the letters or the sign can be made with fat letters for coloring.)

Procedures

1. Talk about the word "Library" and where they are found in their surroundings, starting with the classroom library and discussing others such as town library, school libraries, and home libraries.
2. Discuss Librarians and what they do, such as buy books, organize them, read them to children, and borrow books from other libraries if you want to read those, help people find books in the library. This is also a good time to talk about how libraries have changed (since you were a child) and now have computers instead of card catalogs and machines to copy things.
3. Make a sign for the book area "Library"

Follow-up Activity - Field trip to a Library

If the library will allow young children to get a library card, this is a good time to get the forms to send home to parents. If children cannot take out books, they could select one that one of the adults could check out so they can see the process. If libraries have a story day for children, this is a good time to get the schedule to send home with children.