



Operation Purple® AT HOME

... Activity Eight ...

KID COACH

Time: 45 min-1 hour | Participants: 1st grade and up

Create fun memories together by letting each “kid coach” teach their own workout, dance routine, or backyard game to the whole family! Kids learn critical thinking and problem-solving skills.

FAMILY MISSION VALUES

Empowerment and Communication

WHAT YOU'LL NEED

- A space big enough for everyone to move around (like a large living room, or backyard)
- Any household items the Kid Coach wants to incorporate in their routine
- Wear athletic or play clothes you can move around in

INSTRUCTIONS

1. **Plan + Practice!**

As a family, gather in one location. Inform each child that they will be a “coach” and will create a 3-5-minute workout or dance routine for the whole family to try.

Some children may need more structure with mapping out their workout, so it may be helpful to write out the parts of their workout. For example:

- 15 jumping jacks
- 1-minute lap around the house
- 5 sit-ups
- 30 seconds of a Fortnite dance move

TIP for Younger Coaches: Encourage them to dress up for their role as a fitness instructor/coach

TIP for Teen Coaches: Task them with creating a new sport that has never been played before. It could be a team or individual-based sport. For inspiration and ideas, think about traditional sports and how they can be played in a unique way.

Make sure that each kid coach practiced their workout before presenting to their family.

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2. Learn + Move!

Allow each Kid Coach to introduce their workout or activity to the family.

Take time to learn your Kid Coach's routine and ask for feedback on how you're doing.

Once everyone knows the routine, complete it together!

Switch off and let the next Kid Coach share their routine.

TIP: You may want to build in a water break between each Kid Coach's session, depending on how strenuous the workout or routine was. You can also have Kid Coaches revise their workout/dance to share the next day. Don't forget to record the fun to share with others!

Mission Accomplished!

WRAP UP

Sit down with your family in a circle or at a table and chat about the activity experience using these questions! Take turns reading a question and listen to each person's response.

- Do you feel you communicated well as Kid Coach? What would you do differently next time?
- If you had to do it again, what changes would you make to the way you approach