



VERB™ APPRECIATION DAY

Program Guidelines



Reasons behind "VERB™ Appreciation Day"

Most organizations already have some kind of program scheduled for their kids. Those programs may or may not be related to physical activity. It doesn't matter what programs are being offered now, it's always fun to take a break from the routine and get kids to do some new activities together!

What is VERB™ Appreciation Day?

It is a day where organizations celebrate the spirit of VERB by putting the spotlight on a new physical activity.

Goals of "VERB™ Appreciation Day"

- To encourage kids to participate in and try out all kinds of physical activities.
- To provide a friendly and non-competitive environment.

Creating your "VERB™ Appreciation Day"

Any day can be a VERB™ Appreciation Day. Just fill in the poster to get the kids excited about being active.

Featured Activity?

You may decide on the type of activity together with the kids in your organization or select several kids to be on a VERB committee for each VERB™ Appreciation Day. This will get them more involved and excited about the day.

When?

Pick the most convenient day for your organization or program and write that date on the provided VERB™ Appreciation Day Poster.

Where?

Outside, in the gym, at the neighborhood park? You choose where the activity happens.

Who?

Will every class or program be participating each time or will you rotate who gets to participate each week? Try not to exclude anyone and get as many kids involved as possible!

Examples of featured activities:

Try activities the kids normally don't get to do, or let them pick their favorite and put a fun spin on it. Think about introducing the kids to a new activity (skateboarding, mountain biking, snowboarding, rock climbing, etc.). It may require equipment or expertise you may not have, but use local resources (bike shops, skate parks, etc.) to help make it happen. Many shops are willing to show kids the proper and safe techniques for a sport and how to use their equipment and give lessons and passes at reduced rates.

- "Bike-a-Thon" Day: Bike to a nearby playground or trail
- "Yoga" Day: Practice simple Yoga moves
- "Double Dutch" Day: Learn, practice rhythms, rhymes, and tricks
- "Hula Hoop®" Day: Count hula hoop rotations
- "Hit and Go" Croquet Day – Hit a ball and run to it
- "Volleyball" Day – Learn basic skills of volleyball
- "Ultimate Frisbee®" Day – Learn the game of ultimate Frisbee
- "Hip Hop Dance" Day – Learn and invent hip-hop dance moves
- "Karate" Day – A session to learn how to put your foot forward
- "Kickboxing" Day – Follow a kickboxing tape such as Tae Bo™ or other programs and get kicking
- "Hiking" Day – A perfect outing day for fall, spring, or summer

"VERB™ Appreciation Day" Poster

A generic poster has been designed with blank spaces for you to fill in your featured activity and date of your Appreciation Day.

Red "VERB" Posters

Included in the kit are 100 red VERB posters. These can be used to reward each child who participates in a VERB Appreciation Day activity. Encourage kids to try each verb listed on the poster to spark new activities.

Two copies of the Appreciation Day poster and 100 copies of the red VERB poster have been included in this kit.

