

5-2-1-0 Relay Race



This fun relay game helps students of all ages remember the 5-2-1-0 message and learn how to practice healthy habits.



or more
fruits & vegetables



hours or less of
recreational screen time



hour or more of
physical activity



sugary drinks,
more water

Objectives

Students will:

- Sort activity cards into the correct 5-2-1-0 categories
- Explain how these behaviors help keep us healthy

Materials Needed

- [5-2-1-0 Poster](#)
- 4 hula hoops or marked spaces
- 5 containers per team (bags, boxes, bowls, etc.)
- 4 sets of activity cards showing 5-2-1-0 habits
- Small prizes (optional)

Preparation

1. Print 4 sets of the picture cards (more if needed for extra teams).
2. Label 4 containers per team with 5, 2, 1, and 0. Use a 5th container to hold all the cards at the start.
3. Set up the relay area: place the start containers in hoops or marked spots and place the labeled containers at the other end of the course.

How to Play

1. Talk briefly about the 5-2-1-0 message using the poster.
2. Explain that students will sort cards into the correct categories.
3. Divide the group into 4 teams and have them choose team names.
4. Assign each team a course.
5. One at a time, students pick a card, move across the space, and place it in the correct container. Then they return and tag the next teammate.
6. Encourage different types of movement (not just running) so everyone can participate.
7. Continue until all cards are sorted. Teams can cheer each other on!

Wrap-Up

- Review each team's sorting and make corrections if needed.
- Have teams explain how the 5-2-1-0 message supports good health.



**or more
fruits & vegetables**



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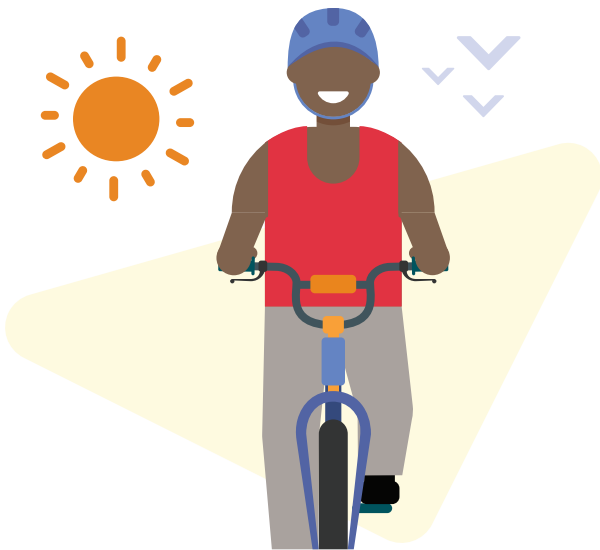
**sugary drinks,
more water**



**Avocados are good
for your heart.**



**Limit time on screens.
Connect in-person.**



**Find fun ways to
move your body.**



**Carry a water bottle
to stay hydrated.**



**Need a quick snack?
Grab a piece of fruit.**



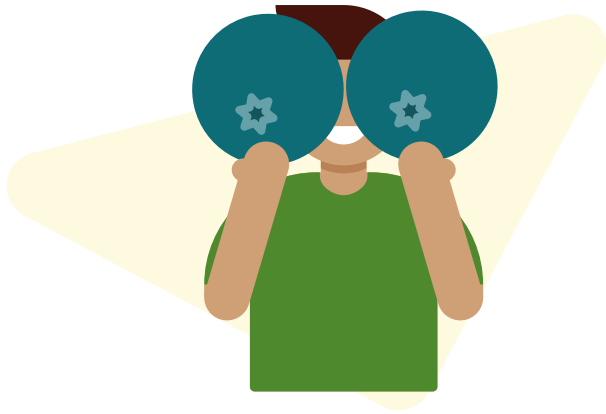
**Go screen-free before
bed for better sleep.**



**Boost your mood by
getting active outside.**



**Add fresh fruit to
water to add flavor.**



**Boost your breakfast
with blueberries!**



**Bored? Instead of screen
time, find a great book.**



**Get outside year-round
to stay active!**



**Drink more water to help
your brain and body.**



**Try school lunch
to get your fruits
and vegetables!**



Drink water with meals.



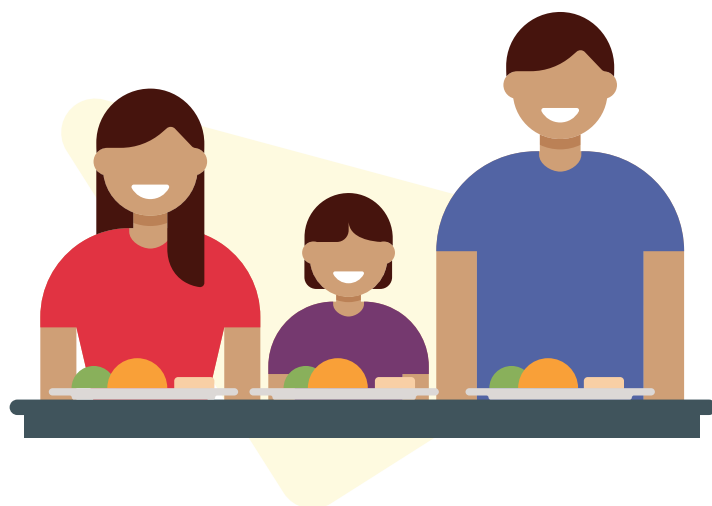
**Move your body by
dancing and stretching.**



**Draw, journal, or craft
instead of scrolling.**



**Add greens to a smoothie
for energy and focus.**



**Enjoy meals
without screens.**



**Exercise builds
strong muscles, including
your heart!**



**Avoid Sugary drinks.
Water is the best choice.**