

# TOUGO CHALLENGE

school daycare

## TAKE UP THE CHALLENGE IN 6 STEPS



- 1 Personalize and send the letter to parents approximately two weeks before the start of the *Challenge* (week of April 3).
- 2 Review the **3 components** of the *Challenge*
  - ✓ **EAT BETTER:** eating a variety of minimally processed products while developing a positive relationship with food.
  - ✓ **MOVE MORE:** being physically active every day by taking every opportunity to move while having fun and by varying your activities.
  - ✓ **FEEL GOOD:** finding different ways to take breaks to reduce stress and relax every day.

- 3 Choose a **slogan** with the students and write it in your activity plan or on a poster in your daycare.

#### Slogan examples:

- ✓ At Our Lady of Pompeii, we're pumped about active play!
- ✓ At Mount Bruno, we run outside, sun, rain or snow!
- ✓ At Sutton School, healthy snacks rule!

- 4 Plan the **activities** that will be carried out during the two weeks of the *Challenge* and add them to your program. Need inspiration? You'll find a ton of activity ideas at [www.gardescolaire.org](http://www.gardescolaire.org).

- 5 Find a **personal challenge** to meet during the two weeks of the *Challenge*. By seeing you participate, the students will want to follow your example! You can even take the opportunity to put other members of the daycare team to the challenge.

#### Examples of an educators' challenge:

- ✓ Bring energizing homemade snacks to team meetings (every educator could prepare a recipe during the *Challenge*).
- ✓ Start a walking or running club to take a healthy break together once or twice a week.

- 6 **Have fun** with the students by taking up the *TOUGO Challenge* from April 17 to 28, 2023! Remember to hand out the participation certificate and the Surprise fortune teller game at the end of the *Challenge*!



#### WOULD YOU LIKE TO WIN AN AMAZING PRIZE?


Participating daycare services have the chance to win one of three CATSPORTS gift cards (2 x \$250 and 1 x \$500 gift cards will be awarded).

To be eligible, all you need to do is register your daycare service by April 14 and take up the *Challenge* with your students from April 17 to 28! The registration form and rules are available at [www.gardescolaire.org](http://www.gardescolaire.org).




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# TOUGO CHALLENGE SUPPORT GUIDE



Are you participating  
in the **TOUGO Challenge**  
in school daycare services?  
Then this guide is for you!

As someone who spends time with the students every day, you have an influence on their everyday life: you can help them adopt healthy lifestyle habits by adding daily physical activity to your program and helping them live positive food experiences.

## OBJECTIVES OF THE GUIDE

- ✓ To help implement the *TOUGO Challenge* in your school
- ✓ To provide suggestions for adding daily physical activity to the schedule
- ✓ To share tips to help students live positive and enjoyable food experiences, because eating better is fun, tasty, and can be taught... and it doesn't have to be perfect!

## WHAT IS TOUGO?

TOUGO is an ally to help you eat better, move more, and feel good, three key habits that foster physical and mental health at any age and reduce the risk of developing chronic diseases.

To take care of yourself in a fun way and at your own pace, visit [montougo.ca](https://montougo.ca) or [sign up for the TOUGO newsletter](#) (in French only).



## EATING BETTER ACCORDING TO TOUGO

Eating better means putting more focus on fruits and vegetables, adding a variety of other winning foods such as whole grains and plant-based proteins to the menu, and making water your drink of choice. It means getting into the habit of cooking more with minimally processed ingredients while limiting food waste. It also means remembering to take a break to eat, to share meals with others, away from screens, and, most importantly, to enjoy your food!

## MOVING MORE ACCORDING TO TOUGO

Moving more means being active 30 minutes a day... and even more! It means getting your heart pumping, strengthening your muscles, and doing flexibility exercises. It's about taking every opportunity to move throughout the day, alone or with others, at work or at home, during leisure activities or while getting around. And it means finding ways to add movement to your day, no matter the season, in a fun way, and remembering to go outside!

## FEELING GOOD ACCORDING TO TOUGO

Feeling good means having the right tools to face the demands of daily life, managing your stress, sleeping well, and having meaningful relationships with others... and with yourself! It's also a simple invitation to embrace gratitude, relaxation, breathing, and any other accessible approach to self-care.



## TO FIND OUT MORE ABOUT TOUGO

Visit [montougo.ca](https://montougo.ca) or [sign up for the TOUGO newsletter](#) (in French only).



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## HEALTHY EATING ACTIVITIES

This year, TOUGO offers two great challenges to help children discover nutritious foods in a fun way:

- ✓ **LA COURSE AU POIS MANGE-TOUT (IN FRENCH ONLY):** an active challenge to discover new fruits and vegetables
- ✓ **LE MOT MYSTÈRE ALIMENTAIRE (IN FRENCH ONLY):** a word game on the pleasures of food

You can also download *TOUGO Challenge* activities from previous years, many of which are in English, at [www.gardescolaire.org](http://www.gardescolaire.org).

## WINNING CONDITIONS FOR MEMORABLE AND SUCCESSFUL ACTIVITIES

- Add the activities to the schedule at the most convenient time
- Before the activity, ask students a few questions to engage their interest and curiosity:

“WHAT IS YOUR FAVOURITE FRUIT?”

“HOW DO YOU KNOW WHEN YOU'RE HUNGRY?”



## NEED SOME GAME IDEAS?

Consult the ready-made activity collection *Dîners animés Je goûte, j'apprends!* (in French only). Developed by the Association québécoise de la garde scolaire (AQGS), it features 54 educational activities about healthy, sustainable eating, tailored according to age group and time available.

## HOW TO CONVEY A POSITIVE VIEW OF HEALTHY EATING TO STUDENTS?

By teaching them to be independent when it comes to eating, using a democratic intervention style.

- ✶ Allow students to follow their hunger and satiety cues
  - ✓ Let children choose how much they eat, which varies from day to day
  - ✓ After a meal, ask the children: “How do you feel?” and “How do you know that you’ve eaten enough?”
  - ✓ Change the language you use: instead of “Eat at least half of your lunch”, say “Eat your fill”
  - ✓ Do the [Mission détective Gargouillis game](#) (available only in French) with your students, from the *TOUGO Challenge (Health Challenge 2018)*

- ✶ Discover nutritious foods through games and exploration

No need to be a chef or a nutritionist to help students discover nutritious foods!

- ✓ **During meals:** Start conversations around food with questions like “What is your favourite dish?”, “Your lunch looks good, who made it?”, “Which recipe do you most like making at home?”
- ✓ **Outside mealtimes:** Explore nutritious foods in a fun way by organizing tastings or culinary workshops, or through arts and crafts, gardening, nursery rhymes, stories, etc.



## HOW TO CONVEY A POSITIVE VIEW OF HEALTHY EATING TO PARENTS?

- ✶ Focus on a balanced diet throughout the week instead of concentrating on a few less nutritious foods in the lunch box
- ✶ Share various resources on healthy eating habits with parents, like [montougo.ca](http://montougo.ca) (in French only)
- ✶ Give parents an overview of food-related activities you do with the children:
  - ✓ E.g., display a poster made with the students on their favourite fruits and vegetables, have them taste fruit skewers prepared by the children
  - ✓ Hand out the *TOUGO Challenge* participation certificate and the Surprise fortune teller game to do as a family

## EATING BETTER IS FUN, TASTY, AND CAN BE TAUGHT!

By creating a pleasant atmosphere during meals and allowing children to develop their independence when it comes to eating, you're relying on a winning recipe! Your interventions don't need to be perfect to succeed, and the same goes for the children's diet: it doesn't need to be perfect either.



# TOUGO CHALLENGE SUPPORT GUIDE



## ACTIVITIES TO BE PHYSICALLY ACTIVE EVERY DAY

This year, TOUGO offers two games to move while having fun:

- ✓ **LES CERCEAUX MUSICAUX (IN FRENCH ONLY):** an active challenge set to lively music inspired by musical chairs
- ✓ **LEGO ACTIF (IN FRENCH ONLY):** three dexterity games to use LEGO blocks in a dynamic way

And why not include a relaxing activity in your *TOUGO Challenge*?

- ✓ **LES BULLES REPOSANTES (IN FRENCH ONLY):** to work on deep breathing while having fun blowing bubbles

You can also download *TOUGO Challenge* activities from previous years, many of which are in English, at [www.gardescolaire.org](http://www.gardescolaire.org).

## WINNING CONDITIONS FOR MOTIVATING ACTIVE GAMES

- Add the games throughout your schedule for the entire *TOUGO Challenge* period
- Gather the necessary materials before doing the activities
- Highlight what makes you move
- Involve the students in the active games:

**LES CERCEAUX MUSICAUX :** ask the students to pick the music  
**LEGO ACTIF :** divide the students into three groups and ask each group to take turns leading a game



## INTEGRATE PHYSICAL ACTIVITY INTO ALL DAILY ACTIVITIES

ACTIVITY	ACTIVE IDEA
ARTS AND CRAFTS	Take an active break in the middle of the activity
TRANSITIONS	Move around in different ways (hop, sidestep, skip, etc.)
SCREEN USE	Visit sites that feature active videos

## HOW TO ENSURE THAT THE CHILDREN PARTICIPATE IN THE ACTIVE GAMES?

### GIVE CLEAR INSTRUCTIONS

Three simple, useful tips to efficiently organize and guide your active games are presented in the free video *Réussir vos jeux actifs en classe*, which can be found in the online courses ("Cours en ligne") section of the 100 degrés website (in French only). Once you've created an account, you will be able to access it free of charge.

### MAKE THE GAMES ACCESSIBLE TO EVERYONE

- ✓ **Provide a choice** of materials, places, and challenges.
- ✓ **Adapt** the games so there are different levels of difficulty.
- ✓ **Use different and unexpected objects** in your games, like LEGO blocks (see the suggested activity sheet) or sensory objects.

### DID YOU KNOW THAT SIX NEW GAME INFOGRAPHICS (IN FRENCH) ARE AVAILABLE?

To discover these active transitions, active board games, and active games on interactive whiteboards, visit the *Inspire to move* training program page on the AQGS website.

It's free!



## MOVING EVERY DAY IS EASY!

Active play can be integrated into all daily activities. Every active minute counts – no need to be an athlete to adopt healthy habits. Every step you add to your day is a step in the right direction!

**INCLUSIVE INTER'ACTIF  
PROGRAM CREATED  
BY ADAPTAVIE**



You will find a resource directory and an inclusive game kit on the [Inter'Actif program web page](#) (in French only).