



laya  
Super  
troopers

# Teacher's Booklet

2024/2025

## Dear Teacher,

Welcome to the new and improved Laya Super Troopers Programme 2024-2025!

Celebrating our 10th year of running Ireland's first health homework programme, we are excited to evolve and take a fresh approach to supporting teachers, pupils and their families to live a healthy lifestyle.

Laya Healthcare is passionate about enhancing children's health and wellbeing. We are delighted that schools like yours are participating and it is our hope that, with your continued support over the upcoming year, we can achieve our mission of helping families across the country lead healthy lives.

I would like to wish you and your pupils the best of luck with the programme.

*Sinead Pross*

Head of Health & Wellbeing,  
Laya Healthcare (day job)  
Mum of Twins, aged 12  
& Family Keepy Uppy Champion



## Welcome to Laya Super Troopers 2024 – 2025!

Laya Super Troopers is a free health homework programme which encourages children and their families to enjoy a healthier, balanced lifestyle by focusing on three pillars: **Physical Activity, Wellbeing and Nutrition.**

The new programme is aimed toward older primary school children (4th-6th classes), however, it is designed with the entire family in mind.

Facilitated by teachers, all materials are provided for home use, requiring minimal in-school class time and making it an ideal wellbeing activity for busy schools!



## Health Homework

Each child will receive a brand-new eye-catching **Laya Super Troopers Wall Chart** to take home.

The wall chart includes 10 scratch and reveal panels. Behind each panel is a weekly challenge to do at home with their family and friends. The challenges are based on the three pillars: Physical Activity, Wellbeing and Nutrition.

The wall chart should hang in a prominent place that acts as visible reminder for the whole family. Each weekly family challenge is designed to encourage the family to practise and prepare for a final challenge at the weekend. This Teacher's Booklet contains fun daily tasks to share with your pupils to support them to build up to the weekly challenge.

Your Teacher's Booklet contains daily tasks to share with pupils which will help them on their way to completing their weekly challenges!

## Research

If your class has been chosen to take part in Laya Super Trooper Research, you will be sent a post box for the classroom and postcards for each pupil. These are quick and easy to fill out, with only demographic information and 3 simple research questions. This process is anonymous and includes gender and age questions for reference only.

### Instructions

- › Hand out 1 postcard to each pupil
- › Ask pupils to identify their gender and age
- › Ask pupils to turn their post card over
- › Read out each question and have pupils circle their answers
- › Once completed, each pupil should post their postcard into the Laya Super Troopers Survey Post Box provided, ensuring their answers remain anonymous.

- › **Pink (Baseline):** To be completed at the beginning of term before you begin the programme, to ensure a baseline of feedback has been captured before doing the same exercise again at the end of the 10 weeks.
- › **Blue (Post-initiative):** Complete at the end of term, after you have finished the 10 weeks of challenges.
- › Finally, flatten your post box, keeping the post cards inside once flattened, insert it into your pre-paid envelope and send it back to us at: **Laya Super Troopers Project Office, 94 Baggot Street Lower, Dublin, D02 XN82.**



## The teacher's role in Laya Super Troopers is a simple but very important one.

- › **Distribute the wall charts** to your class to take home and explain what they need to do **'Put somewhere visible and, every Monday, scratch and reveal your weekly family challenge'**.
  - We think Mondays are good because it gives you a chance to get them excited during the day, and then the family have the whole week to build up to their family challenge at the weekend.
- › To **help you get the pupils excited about the challenge ahead** of their reveal you will find a cheat sheet of the challenges on the next page – this will help you give them teasers and clues.
- › Use your **Teacher's Booklet to share daily tasks** with pupils to support in the build up to the main weekly challenge. You can set daily tasks as homework or try them out in class!
- › Set some time aside each week to **discuss the challenge and how your pupils and their families are getting on.**
- › In your school kit you will find a box of prizes. This is for your School Coordinator to distribute between classes as appropriate to **reward, encourage and incentivise involvement.** As a teacher, you'll know from the chatter from the pupils as to who is really invested, and who could use extra help.

## Your Laya Super Troopers Coordinator has received a school kit full of prizes!

- › 5x Pencil Cases
- › 5x Sharpener and Rubber set
- › 5x Foldable Water Bottles
- › 5x Pencil Sets
- › 5x Foldable Frisbees
- › 3x sheets of motivational stickers



*"Laya Super Troopers is both teacher and child friendly and a great way to encourage children to be more active at home."*

- Emer, Primary Teacher, Galway



**Top Secret**

## Wall Chart Challenges

<b>Week 1</b>	<b>Get Snap Happy</b> Where's your happy place? Create a digital album with photos and videos of areas you find calm or relaxing. Get outside and explore locations to display in your digital art gallery. You can involve all your family members in this, or include some friends or relatives.
<b>Week 2</b>	<b>Chef It Up!</b> What makes a snack healthy? Make a home-made, nutritious snack with an adult at home. Try to include at least two vegetables or fruits.
<b>Week 3</b>	<b>PT - ME!</b> PTs are personal trainers. They help people stay motivated to keep fit and healthy! PTs live healthy lives so they can help their clients do the same. This week, you're becoming a PT - come up with a fun exercise plan to train yourself or some of your family at home!
<b>Week 4</b>	<b>Running Wild and Free</b> This week, you're going to get your heart pumping and complete a running challenge. Can you complete a daily jog, trying to improve your time or distance each day? Your teacher will share daily tasks from their Teacher's Booklet to build up your endurance!
<b>Week 5</b>	<b>Cool, Calm and Collected</b> This week, your challenge is to build a class showcase of activities that keep you calm. Try a different activity every day to show how you relax and stay cool, calm and collected. Share your favourite technique with your class!
<b>Week 6</b>	<b>Lunchbox Leaders</b> Time to take charge of your lunchbox contents! Make sure you do your research and plan each day to ensure every item and snack you choose is both nutritious and balanced. Your choices will shape a day of wholesome nourishment.
<b>Week 7</b>	<b>Champion Training</b> Imagine you are in training for the U12 Sports Championship. There are all sorts of different sports you could try. Plan a training day, including your exercise schedule, what you would eat, and how you would spend your down time. Now, put it into action!

To help you plan ahead and build excitement each week, we have included a sneak peek of all the wall chart challenges here! This should help to make your classes even more engaging, educational and fun for you and your pupils!

<b>Week 8</b>	<b>Journal Eternal</b> This week's challenge is to start journaling. Journaling is one of the best ways to help us process our thoughts and feelings. You can choose what works best for you! Some people draw, paint, take photos, sketch, or write in their journals. It's all up to you!
<b>Week 9</b>	<b>Smoothie Operator!</b> Invent your own healthy smoothie recipe. 1-part fruit, 1-part liquid, 1-part mystery ingredient. Be careful to stick to just fresh fruit and vegetables, or seeds if you're feeling brave. Avoid extra sweeteners such as sugar or honey.
<b>Week 10</b>	<b>Get Movin' and Groovin'</b> Time to get moving and create some epic dance moves! Dance is a great way of loosening up and moving our bodies. Be the dance leader in your family - create your own dance using the moves and music of your choice.

### Do you have a better challenge?

Submit your ideas to [layasupertroopers@realnation.ie](mailto:layasupertroopers@realnation.ie) for the chance to feature in next year's Laya Super Troopers wall chart!



## Daily Tasks

On the following pages, you will see daily tasks which correspond to each wall chart challenge. You can set these activities as homework to help your pupils build up to their weekly challenge and ensure physical activity, nutrition and wellbeing are prioritised every day. All tasks have been created in collaboration with teachers and experts in order to promote positive change in children's health.

### Week 1: Get Snap Happy

<b>Monday</b>	Get outside! Visit a beach, or a place where you might not normally go. Forage for sticks, leaves and wilted flowers or anything natural. Build fun and interesting creations with the items you collected. You could draw in sand/mud with a stick and arrange the natural materials in a way that they can be photographed. Photograph your creations (or ask an adult to).
<b>Tuesday</b>	Look around your environment at home, even in your own room. Is there any waste you could use for an artistic creation? Create a construction from recyclable waste material? Can you use fruits and vegetables to make a creative display?
<b>Wednesday</b>	Create a fun dance with your family or friends. It can be of any song you like. Try to use your body as much as possible, and to work up a sweat with the dance. Practise it a couple of times and record the perfect take.
<b>Thursday</b>	Show your digital gallery off to family or friends. Do a victory lap (walking or jogging) of a local park to celebrate your creative prowess!

Arts and crafts can be a great outlet for relieving stress and expressing your emotions.

### Week 2: Chef It Up!

<b>Monday</b>	Research healthy snacks online with an adult at home. Pick a snack to try and write down the ingredients.
<b>Tuesday</b>	Walk to a nearby shop with your shopping list and purchase the items. If you are too far from the shop to walk to it, try going for a walk with your adult (or by yourself) and track your steps with a pedometer, phone or smart watch.
<b>Wednesday</b>	Make the healthy snack (with a grown up to help if you need it). Taste your efforts and be proud of your work! You could even invite a friend or relative around to try the snacks you made.
<b>Thursday</b>	With all the energy you had from your healthy snack, go for another walk today and try and beat your steps from Tuesday!

Did you know kale can be baked in the oven to make a crisp-like snack that is super healthy for you? Plus, it's delicious!

### Week 3: PT - ME!

<b>Monday</b>	Have you ever heard of a circuit workout? They are made up of stations, each with a different physical activity. The goal is to complete each physical activity in a short amount of time (usually with 15 -30 seconds of rest in between). Consider what exercises you might include in a circuit workout and spend some time practising them!
<b>Tuesday</b>	Practise 5 circuit workout exercises of your choice! You could try 30 seconds of jumping jacks, running in place, high knees, burpees, squats, planking, lunges... or anything you would like to add!
<b>Wednesday</b>	Choose 5 more circuit workout exercises to add to your selection - try to pick ones that work out different parts of your body. Practise these new exercises until you feel confident with them.
<b>Thursday</b>	Think of everything you have learned and practised this week. Now it's time to put it all together! Set up a simple circuit, incorporating all of the exercises you practised during the week. Get another person at home involved and see who can do the most of each activity!



## Week 4: Running Wild and Free

Monday	Go for a light jog. Stretch and warm up your muscles before you run. Jog as slow as you can, you might encourage a sibling or an adult at home to go with you. You could aim for 1km without stopping. If you can do more – well done! Record how long you have gone.
Tuesday	Today, go for another jog. Start off slowly again, after your stretches. You could stop after 6 minutes and walk for 5 minutes. After walking for 5 minutes, jog again for another 6 minutes. Well done – you ran for 12 minutes! Record how far you have gone.
Wednesday	Start off with a 3 minute walk today. Jog for 5 minutes and then walk for another 3 minutes. Jog again for 5 minutes and walk for 3 minutes. Try to go for another 5 minute jog at the end of this 3 minutes. See how far you have gone.
Thursday	Go for another light jog today after your stretches. Today, keep running for as long as you can. See if you can beat your 1km or your distance from day 1. Record your distance. Be proud of how much you have improved!

## Week 5: Cool, Calm and Collected

Monday	Think of your wellbeing in terms of nutrition. Food impacts our energy levels and how we feel. Consider the snacks that you have eaten over the past week - how do you feel after eating these snacks? Foods and snacks that release energy slowly are better for our energy levels and health. Try keeping a diary of your snack choices and energy levels to track the best snacks for you.
Tuesday	What is your favourite thing to do to relax before bed? Research shows that it is important to take an hour (at least!) off from screen-time before bed so that the brain can relax and unwind. Sleep is a factor that really impacts our wellbeing. Try out an activity to try to relax and soothe your brain before you go to bed.
Wednesday	Take some time today to sit by yourself, it could be in your room or in a park, you might listen to music, or just sit in silence. Think of all of the blessings and things you are grateful for in your life. You might make a list of these or just think of them in your head. You could also start off a gratitude diary and write in this every night, or often.
Thursday	Go for a walk with someone from your family or a trusted adult. Discuss with them the different techniques that you learned and practised this week. What was your favourite one? Will you use any of these again? What can you do to make sure this is going to happen every week?

**Meditation is a great way to help to calm our busy minds. Other ways to achieve calm include listening to music, reading, exercise and spending time with loved ones.**

## Week 6: Lunchbox Leaders

Monday	Think about healthy snacks you could buy that you could include in your lunchbox. Go to the shop and buy some healthy treats for the whole family. Walk there if you can and catch up with a family member as you go. Why not ask them how their day was?
Tuesday	Ask a parent or guardian to share their tried and true lunch recipes with you. Try preparing your own lunch and packing it for school tomorrow!
Wednesday	Go on a family walk to the park together or somewhere of your choice! Remind your family members of the importance of staying active for 60 minutes a day, minimum!
Thursday	Play a board game or watch a movie or a show together as a family – chat about what your favourite part of the week was.

**Spending time with family is a great way to nurture our relationships with those closest to us. This can help to promote our wellbeing by providing us with a sense of happiness and security.**

### Week 7: Champion Training

Monday	Find a tennis ball, or a ball of similar size. Practise throwing the ball up on the air and catching it with one or two hands. Try to jump up and catch the ball as high in the air as you can.
Tuesday	Basketball and even tennis have throws in them too, whether you're shooting for points, a pass, or throwing a tennis ball in the air for the serve. Find a large ball and practise bouncing it. See how many bounces you can do with alternating hands. Try to count how many bounces you can do in 1 minute.
Wednesday	Jumping - imagine you are in the Long Jump competition. Find a safe space and practise jumping different ways to try to increase the distance. Experiment with different jumps such as one foot, two feet, standing jump, running jump - which jump gets you the furthest?
Thursday	Rugby, Hurling and Gaelic Football are part of this U12 Sports Championship. With a rugby ball, Practise a kick for touch, or with either a football or sliotar, practise soloing. Run around a park, your garden or a green area, and do as many solos or kicks as you can with the ball. Don't worry if you don't manage many at the start - just try to improve your count each time.

**Regular physical activity is key to getting and staying healthy. All children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day.**



### Week 8: Journal Eternal

Monday	Use these questions to help you start your journal entry today... Imagination... Imagine you wake up in the morning to a peculiar tree house in your garden. If it was a magical never-ending space, what might it include? Who might you explore it with? What would it look like?
Tuesday	Use these guiding questions to help you with your journal entry today... Gratitude :) ... List three things that made you smile today. What are you happy and appreciative of in your life? Why? Who are you glad for in your life? Write a little about these people in your journal if you like, or better yet, tell them, write a letter to them, or give them a call and let them know.
Wednesday	Use these questions to help you with your journal entry today... Emotion Explosion! Complete a body scan now, from your toes all the way up through your body, checking in with each part. How does your head feel? How does your heart feel? What about your shoulders, and your head? Check in with your feelings and write some of them down. Did anything stand out for you today?
Thursday	Use these guiding questions to help you with your journal entry today... Write a poem about a favourite memory/person. The poem can take any style you like and might or might not include rhyme. You can continue your journal after this week, using different prompts, or just writing what you feel like.

### Week 9: Smoothie Operator!

Monday	Research smoothie recipes online and with an adult, focusing on healthy options with fresh fruits and vegetables. Be adventurous with your choices. Avoid adding extra sugars like syrups, or honey. Make a list of ingredients to buy and ensure your food processor or smoothie maker is clean and ready. If you don't have one, choose fruits you can crush, like bananas.
Tuesday	Walk to a shop to purchase the ingredients you need. Wash your ingredients as necessary and prepare them. Create your first smoothie then plan what new smoothie you will make on Thursday.
Wednesday	Make up a smoothie song, rap or dance and show us what you've got! (extra points for really bad singing)
Thursday	Make your second healthy smoothie. Which was your favourite smoothie? How do you think you could work on experimenting with smoothies? When would be your favourite time to have the smoothie? What about others in your family? Did they all enjoy the same smoothie? You could become your family's smoothie expert!



Week 10: **Get Movin' and Groovin'**

Monday	Learn a new dance – Check the internet with a parent, or maybe one your family already know one. Practise the dance until you have it nailed. You can record it if you like and share it with other family members or someone you know. Remember to ask people before you record them!
Tuesday	Today's your day for fast music to get your body moving - how will your body move to the fast music? Create a fun playlist of your favourite tunes to get you pumped with an adult at home. Use the playlist as fun inspiration to get dancing throughout the week.
Wednesday	Play a game of <i>Dance Shadows</i> with some others at home. Face your partner and create moves that they need to follow. Can you catch them out?
Thursday	Focus on slow music to help you stretch and exercise. Create a relaxing playlist of your favourite tunes with an adult at home. Use this playlist to inspire gentle dancing with slow, stretching movements. Experiment with different levels and ways of moving your body. Reflect on which dance activity has been your favourite this week.



**Congratulations!**

You and your class have completed the Laya Super Troopers Programme 2024-2025! Thank you for your support and interest in our programme.





# laya Super troopers

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