



Planning Your Own Get Up and Go! Event!

Movement, physical development and exploration have always been central to the Teletubbies program. Learning through physical activity plays a crucial role in the healthy development of children.

The 'GO! - Exercise with the Teletubbies' content has been specifically created to encourage active fun in a playful and safe way, helping children to gain self-confidence and self-awareness, while developing their physical capabilities.

Here are some simple hints that will ensure that your own Get Up and Go! Event is well organized, smoothly run, and enjoyable for the children who participate!

Well in Advance of your Go! Event:

- Save the date! 'Go! – Exercise with the Teletubbies' broadcast is Wednesday, May 14. You may want to schedule the time of your Get Up and Go! Event to coincide with the local broadcast time of Teletubbies. *In addition, Teletubbies movement-themed programming has been scheduled during the regular PBS feed from May 12 – May 16 in support of the GO! Initiative.*
- Distribute Parental Permission Forms (as found in this Resource Manual), and Go! Event flyers to ensure thorough communication and proper documentation.
- Invite local press to the event - contact local parenting organizations, newspapers, radio stations, TV stations and magazines. A Go! Ad Template, and Go! Local Press Release Template are available on the Get Up and Go! Website.

- Invite local businesses to participate - contact local health clubs, insurance companies, health food stores, video retailers, and pediatricians. Invite local on-air talent or local celebrities to participate.
- Work with day care centers and preschools that have a diverse range of children. Inform chaperones and adults attending your Go! Event that they should interact and participate with the children during the entire event.
- Meet with all of your local partners well in advance of your Go! Event.
- Ensure that there is a safe space for each child attending your Go! Event, that public transportation is available and that the venue is accessible to the disabled.
- Be aware that the broadcast version of 'Go! – Exercise with the Teletubbies' special has a two-minute introduction featuring Teletubbies' co-creators Anne Wood and Andy Davenport.
- Collect all Parental Permission Forms from all of the children attending the event before it begins.
- Ensure that a first-aid kit is readily available at your Go! Event.
- Arrange for coat rack or assign a coatroom if weather necessitates.
- Ensure that bathrooms are clearly marked, supervised, and easily accessible.

In Planning your Go! Event Budget, Consider the Following:

- Will you be serving a snack? You can offer 100% juice, water or milk with Tubby Toast (sugar, raisin or ginger cookie with smile face) and/or Tubby Custard (strawberry or raspberry yogurt). Make it fun but, most importantly, make it healthy. If you do have a snack, make sure to have paper napkins, plates, and cups, and even wet wipes for those sticky hands!
- Will you be providing transportation? Call bus companies in advance for prices.

In the Days Leading up to Your Go! Event:

- Set up the room the night before – moving all tables and chairs so that you have safe space for the children to move freely around the room.
- Blow up the balloons on the day of the event – not before.
- Make sure bathrooms and emergency exits are clearly marked.
- Have someone available to greet the children as well as a PR representative or another staff person familiar with the day to greet local press.
- Once everyone is in place tune in, and have a great time!
- Encourage your host for the day to use children's first names when praising them on their great work as they exercise.
- After the video, you should cool down with one or all the following stations. Having more than one station allows the children to take turns and prevents crowding.

Snack Station – look at the recipes included in the Go! Resource Manual.

Coloring Station – make use of the Coloring Pages provided in the Go! Resource Manual.

Reading Station – have a local librarian or politician read to the children.

Photo Station – take pictures of children with their friends, parents, celebrity host or Teletubbies' cutout.

At the Conclusion of Your Go! Event:

- Make sure you have an accurate list of all of the children who participated in your Go! Event so that each receives a personalized Certificate of Participation. The template is available on the Go! Website. Hand them out at the end of the day as a reward for a job well done.
- Thank the children and adults for attending and participating and remind them to exercise regularly!