# F19. Environmental Observation Form





OMB Number: 0584-xxxx Expiration Date: xx/xx/20xx

# **Environmental Observation Form for SNACS-II**

(Adapted from UNC's EPAO tool revised in 2019)

#### Home/Center ID

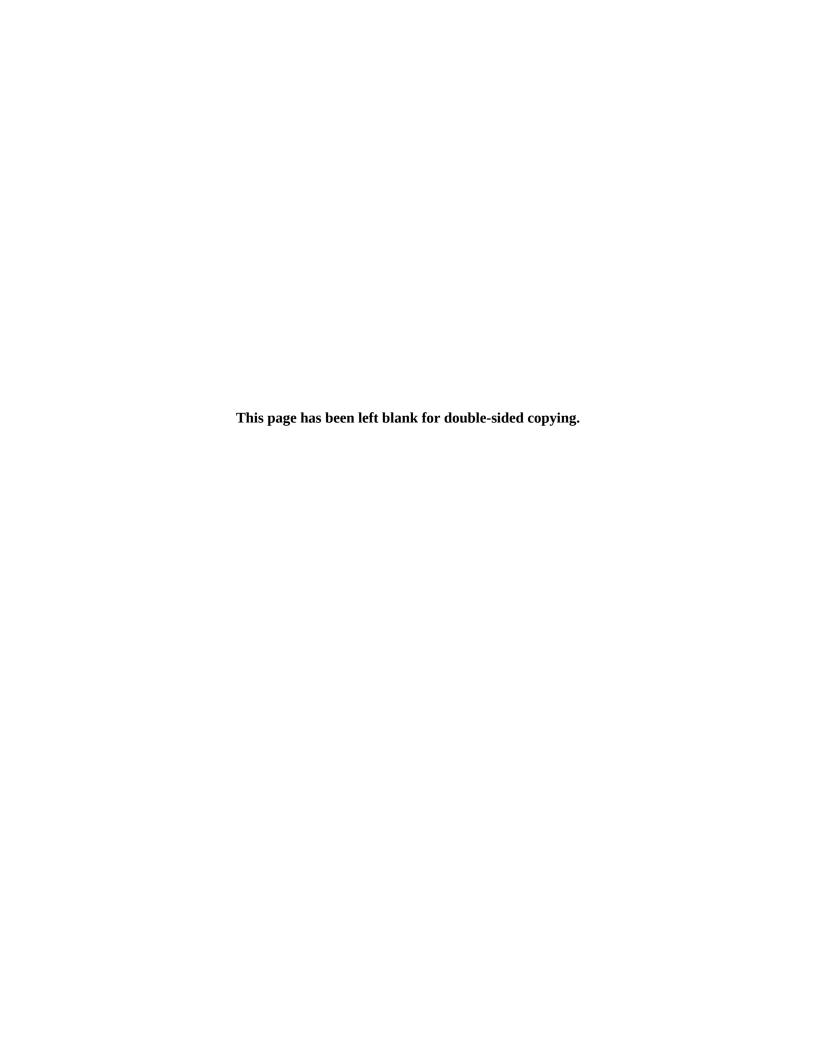
#### **Observed Classroom/Group ID for Centers**

March 9, 2021

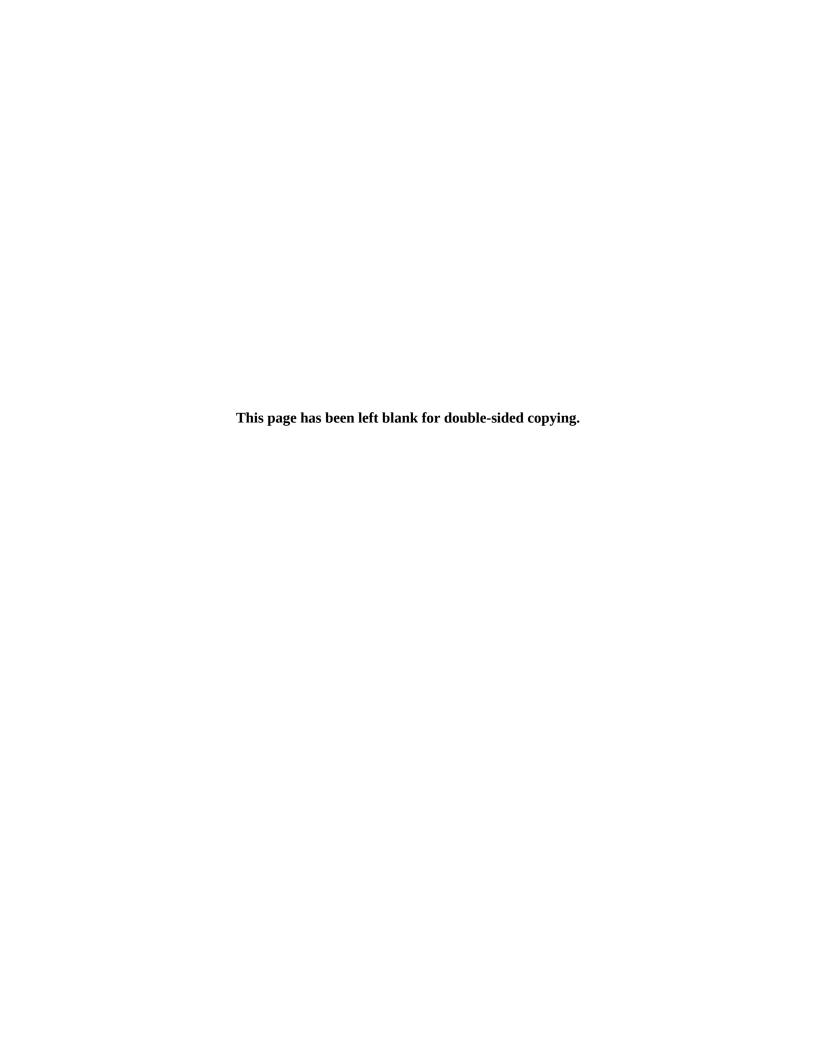
Observer ID:
Site Name:
Room Number:
Date of observation:   _  /    /      /
For all centers:
<b>Observation</b> <u>start</u> time #1:   _ :    AM/PM
<b>Observation</b> <u>stop</u> time #1:   _ :    AM/PM
For at-risk centers and outside-school-hours care centers only:
<b>Observation</b> <u><b>start</b></u> <b>time #2:</b>    :    AM/PM
<b>Observation</b> <u>stop</u> time #2:   _  :    AM/PM

The Food and Nutrition Service (FNS) is collecting this information to understand the nutritional quality of CACFP meals and snacks, the cost to produce them, and dietary intakes and activity levels of CACFP participants. This is a voluntary collection and FNS will use the information to examine CACFP operations. The collection does request personally identifiable information under the Privacy Act of 1974. Responses will be kept private to the extent provided by law and FNS regulations. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-xxxx. The time required to complete this information collection is estimated to average 8.0 hours (480 minutes) per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 5th Floor, Alexandria, VA 22314, ATTN: PRA

(0584-xxxx). Do not return the completed form to this address.







#### SECTION A: ACTIVITIES FROM CHILD ARRIVAL TO BEFORE LUNCH

Reminder: Begin the observation at the time the first child arrives. Items referencing activities "before lunch" should include all activities from the time children start arriving until the start of lunch.

A0.	Is the site serving any children before lunch on this day?
	ı O Yes
	$_{0}$ O No $\longrightarrow$ SKIP TO SECTION B
	OUTDOOR TIME
A1.	Did the children go outside any time before lunch today?
	1 O Yes → SKIP TO A2
	_ o <b>O</b> No
X1a.	Why was there no outdoor time for the children before lunch today?
	$_{\scriptscriptstyle 1}$ $\Box$ No outside time was scheduled before lunch
	2  It was too hot
	₃ ☐ It was too cold
	₄ ☐ It was raining/snowing
	$_{5}$ $\square$ It was too windy/wind chill
	$_{\rm 6}$ $\square$ The playground/equipment was too wet/muddy/snowy
	7 Door air quality
	8 Other (specify)
	9 Unsure

SKIP TO A7 AFTER MARKING ALL THAT APPLY.

# Outdoor Play and Physical Activity Time:

A2.	tivity? [Count all the periods outside when the children were physically active whether this was free play, group activity, or a provider/staff led, initiated or organized activity.]							
Г	Yes Record the start/stop time of each outdoor play and physical activity session and answer the questions that follow about each session.							
<b>↓</b>	$_{0}$ O No $\longrightarrow$ SKIP TO A6							
		Session 1:	Session 2:	Session 3:				
A2a.	What time did each outdoor play and physical activity session <b>start</b> ?	:	_ :	_ :   AM/PM				
A2b.	What time did each outdoor play and physical activity session <b>end</b> ?	_ :   AM/PM	_ :	_ :   AM/PM				
A2c.	Did the provider/staff encourage children to participate in play or physical activity?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No				
A2d.	Did this session include any provider/ staff led, initiated or organized physical activities?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No				
	(Examples: structured active games, sports, music/dancing, exercises, run- ning, brisk walking, or gross motor devel- opment activities)							
A2e.	Did the provider/staff prompt children to drink water?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No				

IF ANSWER WAS NO TO A2D FOR <u>ALL SESSIONS</u>, SKIP TO A4.

<b>A3.</b>	Which	of the following types of activities did the provider/staff lead, initiate or organize?
	Mark a	II that apply
	1 🗌	Active singing/musical games (e.g., "head, shoulders, knees, and toes")
	2	Dancing
	3	Games with balls (e.g., throwing or catching with another person)
	4	Aiming games or sports (e.g., bowling, bean bag toss at an object, archery)
	5	Parachute
	6	Climbing activities
	7	Balancing activities
	8 🗌	Jumping games for young children (e.g., "jump like a kangaroo," "hop like a bunny")
	9 🗌	Skipping or running games (e.g., tag, Red Rover, skipping or hopping through or around cones or markings)
	10	Fitness/calisthenics (e.g., stretching, pull-ups, push-ups, sit-ups, squats, jump rope)
	11 🗆	Cross country running, jogging, or brisk walking
	12	Track and field
	13	Gymnastics
	14	Yoga
	15	Cheerleading
	16	Martial arts
	17	Group sports (e.g., soccer, basketball, baseball, softball, Frisbee, or tennis)
	18	Other (SPECIFY)
<b>A4.</b>	While dren to	outside <u>before lunch</u> , was any portable play or physical activity equipment available for the chilouse?
	<b>-</b> 1 <b>O</b>	Yes
<b>↓</b>	<b>O</b> 0	No → SKIP TO A5
44a.		nuch portable play/physical activity equipment was available to the children during outdoor play sysical activity time?
	<b>O</b> 0	None
	1 <b>O</b>	Very limited
		Somewhat limited
	3 <b>O</b>	Not limited

Equipment availability rating, for reference only:

Very Limited:

There was very little available, and many children could not use any at all

Somewhat Limited

The amount available was somewhat limited and children had to take turns because there was not enough available

Not Limited

There was enough available for all children to use at least one kind and not have to wait

	¹ O Yes							
	o <b>O</b> No							
	C	Outdoor Seated Tim	e:					
A6.	A6. While the children were outside <u>before lunch</u> , were there any times when the children were asked to be seated and not physically active?							
	_ 1 O Yes Record the start/stop time	e of each session of outc	loor seated time.					
↓ ↓	$\circ$ O No $\rightarrow$ SKIP TO A7							
		Session 1:	Session 2:	Session 3:				
A6a.	When did each session of seated time start?	:   _  AM/PM	:    AM/PM	:   _  AM/PM				
A6b.	When did each session of seated time end?	:    AM/PM	:    AM/PM	:   _  AM/PM				
Ansv	ver only for outside-school-hours care	<sub>1</sub> O Yes	1 O Yes	<sub>1</sub> O Yes				
A6c.	Was this time designated as time for children to engage in school work or homework?	<sub>0</sub> <b>O</b> No	o <b>O</b> No	<sub>0</sub> <b>O</b> No				

Did you observe any child losing more than 5 minutes of outdoor play or physical activity time as a disciplinary action for misbehavior  $\underline{\text{before lunch}}$ ?

A5.

## **INDOOR TIME**

## Indoor Play and Physical Activity Time

A7.	While the children were inside door time when the children ated activity.)						
	$-$ 1 $\bigcirc$ Yes Record the state $0$ $\bigcirc$ No $\longrightarrow$ SKIP TO A11	art/stop time of each	session of indoor ph	nysical activity and a	nswer the questions	that follow about ea	ch session.
		Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:
A7a.	What time did each indoor play or physically activity session <b>start</b> ?						:
	Session start:	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
A7b.	What time did each indoor play or physical activity session <b>end</b> ?	:   _  AM/PM	:     AM/PM	:    AM/PM	:   AM/PM	_ :	_ :
A7c.	Did the provider/staff encourage children to participate in play or physical activity?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes
A7d.	Did this session include any provider/staff led, initiated or organized physical activities?  (Examples: structured active games, sports, music/ dancing, exercises, running, brisk walking, or gross motor development activities)	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No
A7e.	Did you observe the provider/staff prompting children to drink water?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No

IF ANSWER WAS NO TO A7D FOR <u>ALL SESSIONS</u>, SKIP TO A9.

A8.	Which	of the following types of	activities did the provider/staff lead, ini	tiate or organize?				
	Mark a	ll that apply						
	1 <b></b>	Active singing/musical gar	mes (e.g., "head, shoulders, knees, and to	es")				
	2	Dancing						
	3 🔲	Games with balls (e.g., the	rowing or catching with another person)					
4 🔲 Aiming games or sports (e.g., bowling, bean bag toss at an object, archery)								
	5	Parachute						
	6	Climbing activities						
	7	Balancing activities						
	8 🔲	Jumping games for young	children (e.g., "jump like a kangaroo," "ho	p like a bunny")				
	9 🗌	Skipping or running game markings)	s (e.g., tag, Red Rover, skipping or hoppin	g through or around cones or				
	10	Fitness/calisthenics (e.g.,	stretching, pull-ups, push-ups, sit-ups, squ	ats, jump rope)				
	11 🗆	Cross country running, jog	gging, or brisk walking					
	12	Track and field						
	13	Gymnastics						
	14	Yoga						
	15	Cheerleading						
	16	Martial arts						
	17	Group sports (e.g., soccei	r, basketball, baseball, softball, Frisbee, or	tennis)				
	18	Other (SPECIFY)						
A9.		the indoor physically ac nent available for the chil	tive time <u>before lunch,</u> was any portable dren to use?	e play or physical activity				
	<b>O</b> 1	Yes						
	<b>O</b> 0	No → SKIP TO A10						
↓ A9a.	How m	uch portable play equipn	nent was available to the children during	g indoor play time?				
	<b>O</b> 0	None						
	1 <b>O</b>	Very limited						
	2 <b>O</b>	Somewhat limited						
	3 <b>O</b>	Not limited						
Equ	ipment	availability rating, fo	r reference only:					
_	Ve	ery Limited:	Somewhat Limited	Not Limited				
1	e was very	little available, and could not use any at all	The amount available was somewhat limited and children had to take turns because there was not enough available	There was enough available for all children to use at least one kind and not have to wait				
A10.		u observe any child losin ry action for misbehavior	g more than 5 minutes of indoor play or before lunch?	physical activity time as a dis-				

1 O Yes0 No

#### Screen Time:

A11. Did the children have time as a group watching or using screens or screen devices before lunch?

(Please include all times when a group (large or small) of the children were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.)

	_	_	Yes	
$\downarrow$	0	0	No .	→ SKIP TO A12

		Session 1:	Session 2:	Session 3:	
A11a.	What time did each session <b>start</b> ?	:    AM/PM	:    AM/PM	:    AM/PM	
A11b.	What time did each session <b>end</b> ?	:    AM/PM	_  :    AM/PM	_  :    AM/PM	
A11c.	During each session, what type of screen was watched?	TV/DVD/VCR Laptop/desktop Tablet/iPad  4  Videogame system or console Smart board	TV/DVD/VCR Laptop/desktop Tablet/iPad  4 • Videogame system or console Smart board	TV/DVD/VCR Laptop/desktop Tablet/iPad  4 • Videogame system or console Smart board	
A11d.	Were the children physically active for the majority of the time the screen was on?	Yes No	Yes No	Yes No	
A11e.	Were they watching or engaging with educational programming?	Yes No	Yes No	Yes No	
	er only for outside- il-hours care centers: Was this time desig- nated as time for children to engage in school work or homework?	Yes No	Yes No	Yes No	

#### **Indoor Seated Time:**

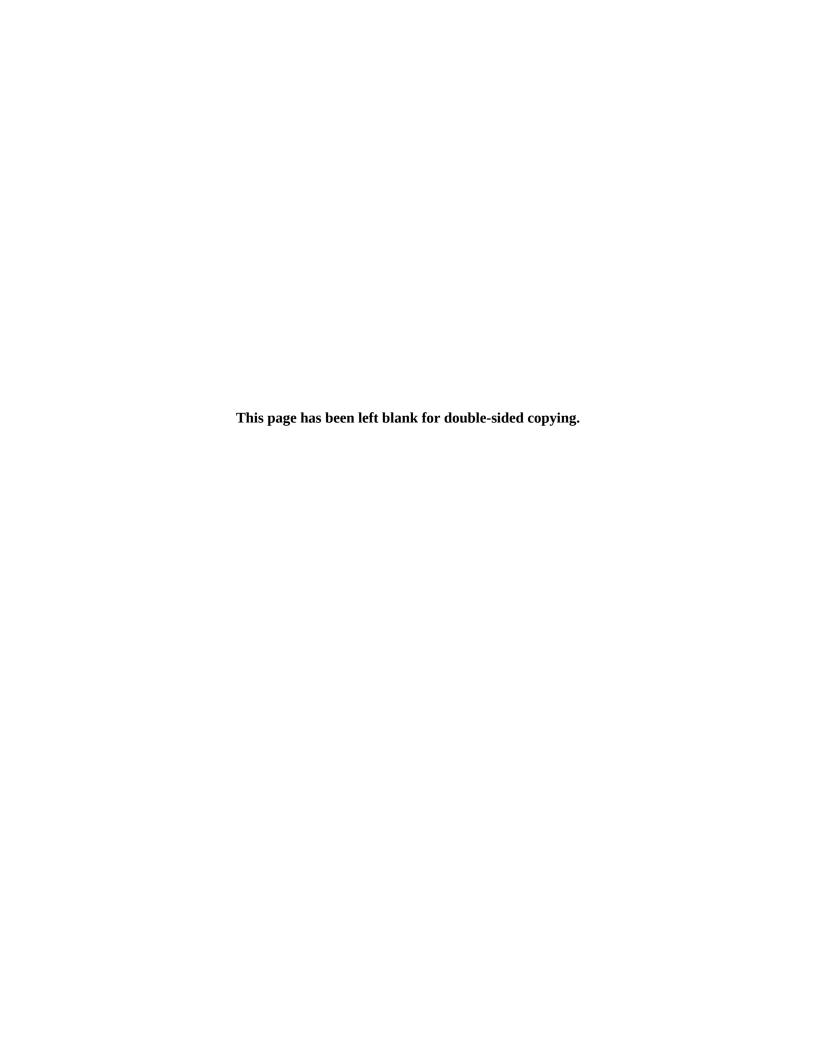
A12. Excluding screen time and meal or snack time, while the children were inside before lunch, were there any times designated for the children to be seated and not physically active?

Yes → Record the start/stop time of each session of indoor seated time.

No → SKIP TO SECTION B

	Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	Session 7:	Session 8:
A12a. When did each session start?	_ :   AM/PM	:   _  AM/PM	_ :   AM/PM	_ :   AM/PM	:   _  AM/PM	:   _  AM/PM	_ _  :    AM/PM	_ :   AM/PM
A12b. When did each session end?	:     AM/PM	:   _  AM/PM	:   _  AM/PM	_ :   AM/PM	:     AM/PM	:     AM/PM	_ :   AM/PM	_ :   AM/PM
Answer only for outside-school-hours care centers:	1 <b>O</b> Yes 0 <b>O</b> No	1 <b>O</b> Yes 0 <b>O</b> No		1 <b>O</b> Yes 0 <b>O</b> No				
A12c. Was this time designated as time for children to engage in school work or homework?								

# **B: ACTIVITIES AFTER LUNCH AND BEFORE SUPPER**



## SECTION B: ACTIVITIES AFTER LUNCH AND BEFORE SUPPER

В0.	Is the site serving any children any time after lunch on this day?
	_ ı O Yes
	$_{0}$ O No $\rightarrow$ SKIP TO SECTION D
	OUTDOOR TIME
<b>↓</b>	
B1.	Did the children go outside any time after lunch and before supper today?
	1 O Yes → SKIP TO B2
	₀ O No
<b>∲</b> B1a.	Why was there no outdoor time for the children before lunch today?
	$_{ ext{1}}$ No outside time was scheduled before lunch
	<sub>2</sub> lt was too hot
	₃ ☐ It was too cold
	$_4$ $\square$ It was raining/snowing
	$_{5}$ $\square$ It was too windy/wind chill
	$_{6}$ $\ \Box$ The playground/equipment was too wet/muddy/snowy
	7 Depor air quality
	8 Other (specify)
	9 Unsure

SKIP TO B7 AFTER MARKING ALL THAT APPLY.

#### Outdoor Play and Physical Activity Time:

B2.	While the children were outside <u>after lunch and before supper</u> , was any time provided for outdoor play or physical activity? [Count all the periods outside when the children were physically active whether this was free play, group activity, or a provider/staff led, initiated or organized activity.]									
	—   Yes Record the start/stop time of each outdoor play and physical activity session and answer the questions that follow about each session.									
	0 O No → SKIP TO B6									
		Session 1:	Session 2:	Session 3:						
B2a.	What time did each outdoor play and physical activity session <b>start</b> ?	_ :   AM/PM	:   _  AM/PM	_ :   AM/PM						
B2b.	What time did each outdoor play and physical activity session <b>end</b> ?	_  :   _  AM/PM	_ :   AM/PM	_  :    AM/PM						
B2c. I	Did the provider/staff encourage children to participate in play or physical activity?	1 <b>O</b> Yes 0 <b>O</b> No	1 O Yes 0 O No	1 <b>O</b> Yes 0 <b>O</b> No						
B2d.	Did this session include any provider/ staff led, initiated or organized physical activities? (Examples: structured active games, sports, music/dancing, exercises, run- ning, brisk walking, or gross motor devel- opment activities)	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No						
B2e.	Did the provider/staff prompt children to drink water?	1 O Yes 0 O No	1 <b>O</b> Yes 0 <b>O</b> No	1 O Yes 0 O No						

IF ANSWER WAS NO TO B2D FOR ALL SESSIONS, SKIP TO B4.

## **B3.** Which of the following types of activities did the provider/staff lead, initiate or organize? (Mark all that apply) Mark all that apply 1 Active singing/musical games (e.g., "head, shoulders, knees, and toes") <sub>2</sub> Dancing $\Box$ Games with balls (e.g., throwing or catching with another person) Aiming games or sports (e.g., bowling, bean bag toss at an object, archery) 5 Parachute 6 ☐ Climbing activities 7 Balancing activities Jumping games for young children (e.g., "jump like a kangaroo," "hop like a bunny") 9 Skipping or running games (e.g., tag, Red Rover, skipping or hopping through or around cones or markings) 10 Fitness/calisthenics (e.g., stretching, pull-ups, push-ups, sit-ups, squats, jump rope) 11 Cross country running, jogging, or brisk walking 12 Track and field 13 Gymnastics 14 Yoga 15 Cheerleading 16 Martial arts 17 Group sports (e.g., soccer, basketball, baseball, softball, Frisbee, or tennis) 18 Other (SPECIFY) **B4**. While outside after lunch and before supper, was any portable play or physical activity equipment available for the children to use? 1 O Yes 0 O No →SKIP TO B5 B4a. How much portable play/physical activity equipment was available to the children during outdoor play and physical activity time? o O None 1 O Very limited 2 O Somewhat limited

#### Equipment availability rating, for reference only:

Very Limited:

3 O Not limited

There was very little available, and many children could not use any at all

Somewhat Limited

The amount available was somewhat limited and children had to take turns because there was not enough available Not Limited

There was enough available for all children to use at least one kind and not have to wait

B6.	. While the children were outside <u>after lunch and before supper</u> , were there any times when the children were asked to be seated and not physically active?					
	<ul> <li>1 O Yes Record the start/stop time of each session of outdoor seated time.</li> <li>0 No → SKIP TO B7</li> </ul>					
		Session 1:	Session 2:	Session 3:		
B6a.	When did each session of seated time start?	:    AM/PM	:    AM/PM	_  :    AM/PM		
B6b.	When did each session of seated time end?	:    AM/PM	:    AM/PM	_ :   AM/PM		
	ver only for at-risk centers and out- school-hours care centers:  Was this time designated as time for children to engage in school work or homework?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No		

Did you observe any child losing more than 5 minutes of outdoor play or physical activity time as a disciplinary action for misbehavior <u>after lunch and before supper</u>?

**Outdoor Seated Time:** 

B5.

1 O Yes0 No

#### **INDOOR TIME**

#### Indoor Play and Physical Activity Time

B7.	While the children were inside a <u>fter lunch and before supper,</u> were there any designated active times for indoor play or physical activity? (Count all the indoor time when the children were physically active whether or not this was free play, circle time, a group activity, or a provider/staff led/initiated activity.)							
	<ul> <li>1 O Yes Record the start/stop time of each session of indoor physical activity and answer the questions that follow about each session.</li> <li>0 No → SKIP TO B11</li> </ul>							
		Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	
В7а.	What time did each indoor play or physically activity session <b>start</b> ?	_ :   AM/PM	_ :   AM/PM	_ :   AM/PM	_ _:	_ :	:	
					AM/PM	AM/PM	AM/PM	
B7b.	What time did each indoor play or physical activity session <b>end</b> ?	_ :	_ :	_ :	_ _ :	_:	_:	
D7-	Did the same idealets ff an arm	•		•	AM/PM	AM/PM	AM/PM	
B7c.	Did the provider/staff encourage children to participate in play or physical activity?	1 O Yes 0 O No	O Yes	1 O Yes 0 O No				
B7d.	Did this session include any provider/staff led, initiated or organized physical activities?  (Examples: structured active games, sports, music/ dancing, exercises, running, brisk walking, or gross motor development activities)	1 O Yes 0 O No						
B7e.	Did you observe the provider/staff prompting children to drink water?	1 O Yes 0 O No						

IF ANSWER WAS NO TO B7D FOR ALL SESSIONS, SKIP TO B9.

B7.

B8. V	Which	of the following types o	f activities did the provider/staff lead, initiat	e or organize?
N	⁄lark a	ll that apply		
	1 <b></b>	Active singing/musical ga	ames (e.g., "head, shoulders, knees, and toes")	)
	2 🗌	Dancing		
	з 🗌	Games with balls (e.g., t	hrowing or catching with another person)	
	4	Aiming games or sports	(e.g., bowling, bean bag toss at an object, arch	ery)
	5 🗌	Parachute		
	6	Climbing activities		
	7	Balancing activities		
	8 🗌	Jumping games for youn	ng children (e.g., "jump like a kangaroo," "hop lik	ke a bunny")
	9 🗌	Skipping or running gam markings)	es (e.g., tag, Red Rover, skipping or hopping th	nrough or around cones or
	10	Fitness/calisthenics (e.g.	., stretching, pull-ups, push-ups, sit-ups, squats	s, jump rope)
	11 🗆	Cross country running, jo	ogging, or brisk walking	
	12	Track and field		
	13	Gymnastics		
	14	Yoga		
	15	Cheerleading		
	16	Martial arts		
	17	Group sports (e.g., socco	er, basketball, baseball, softball, Frisbee, or ten	nnis)
	18	Other (SPECIFY)		
			ctive time <u>after lunch and before supper,</u> wa le for the children to use?	s any portable play or phys-
	1 <b>O</b>	Yes		
	<b>O</b> 0	No → SKIP TO B10		
↓ B9a. ⊦	low m	uch portable play equip	ment was available to the children during in	ndoor play time?
	<b>O</b> 0	None		
	1 <b>O</b>	Very limited		
	2 <b>O</b>	Somewhat limited		
	<b>O</b> E	Not limited		
Equip	ment	availability rating, f	or reference only:	
	Ve	ery Limited:	Somewhat Limited  The amount available was somewhat limited	Not Limited  There was enough available for
		little available, and ould not use any at all	and children had to take turns because there was not enough available	There was enough available for all children to use at least one kind and not have to wait
			ng more than 5 minutes of indoor play or ph or <u>after lunch and before supper</u> ?	nysical activity time as a dis-

1 O Yes0 No

#### Screen Time:

B11. Did the children have time as a group watching or using screens or screen devices <u>after lunch and before supper</u>? (Please include all times when a group (large or small) of the children were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.)

<b>-</b> 1	O	Yes
0	$\mathbf{C}$	No → SKIP TO B12

. ♥				
·		Session 1:	Session 2:	Session 3:
B11a.	What time did each session <b>start</b> ?	:   _  AM/PM	:     AM/PM	:   _  AM/PM
B11b.	What time did each session <b>end</b> ?	:   _  AM/PM	:     AM/PM	_  :    AM/PM
B11c.	During each session, what type of screen was watched?	<ul> <li>TV/DVD/VCR</li> <li>Laptop/desktop</li> <li>Tablet/iPad</li> <li>Videogame system or console</li> <li>Smart board</li> </ul>	<ul> <li>TV/DVD/VCR</li> <li>Laptop/desktop</li> <li>Tablet/iPad</li> <li>Videogame system or console</li> <li>Smart board</li> </ul>	<ul> <li>TV/DVD/VCR</li> <li>Laptop/desktop</li> <li>Tablet/iPad</li> <li>Videogame system or console</li> <li>Smart board</li> </ul>
B11d.	Were the children physically active for the majority of the time the screen was on?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No
B11e.	Were they watching or engaging with educational programming?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No
ters a	er only for at-risk cen- nd outside-school-hours enters:  Was this time desig- nated as time for chil- dren to engage in school work or homework?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No

#### **Indoor Seated Time:**

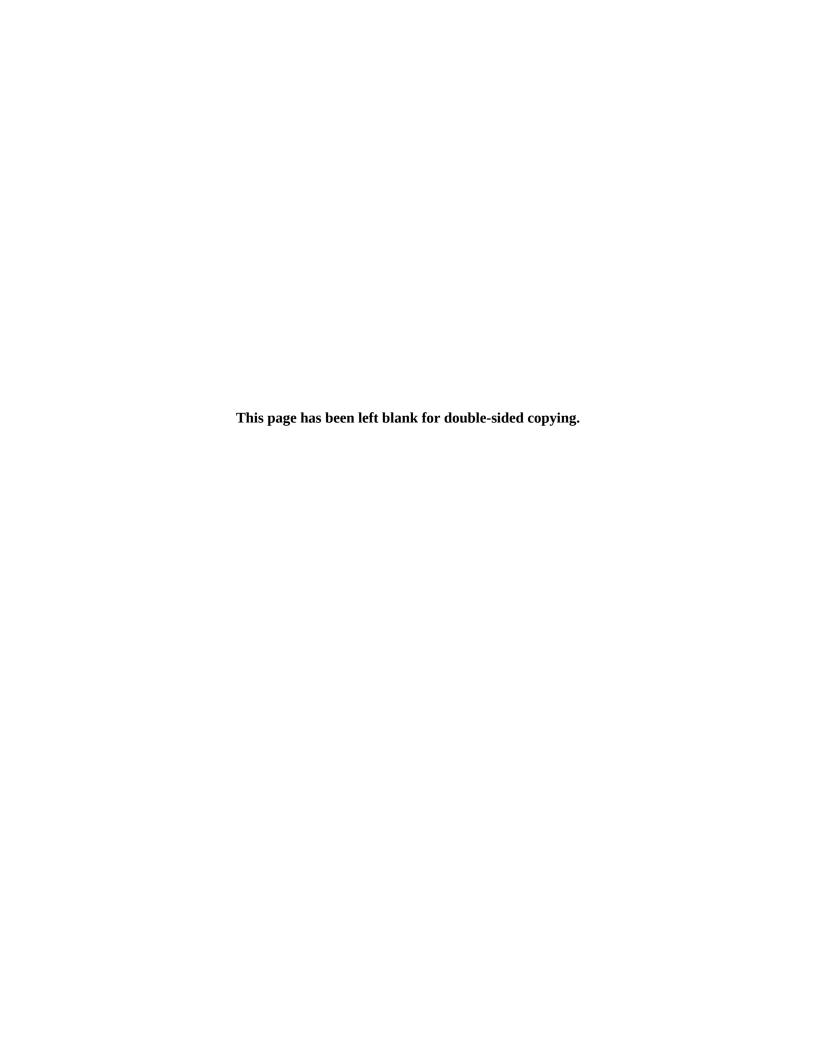
B12.

homework?

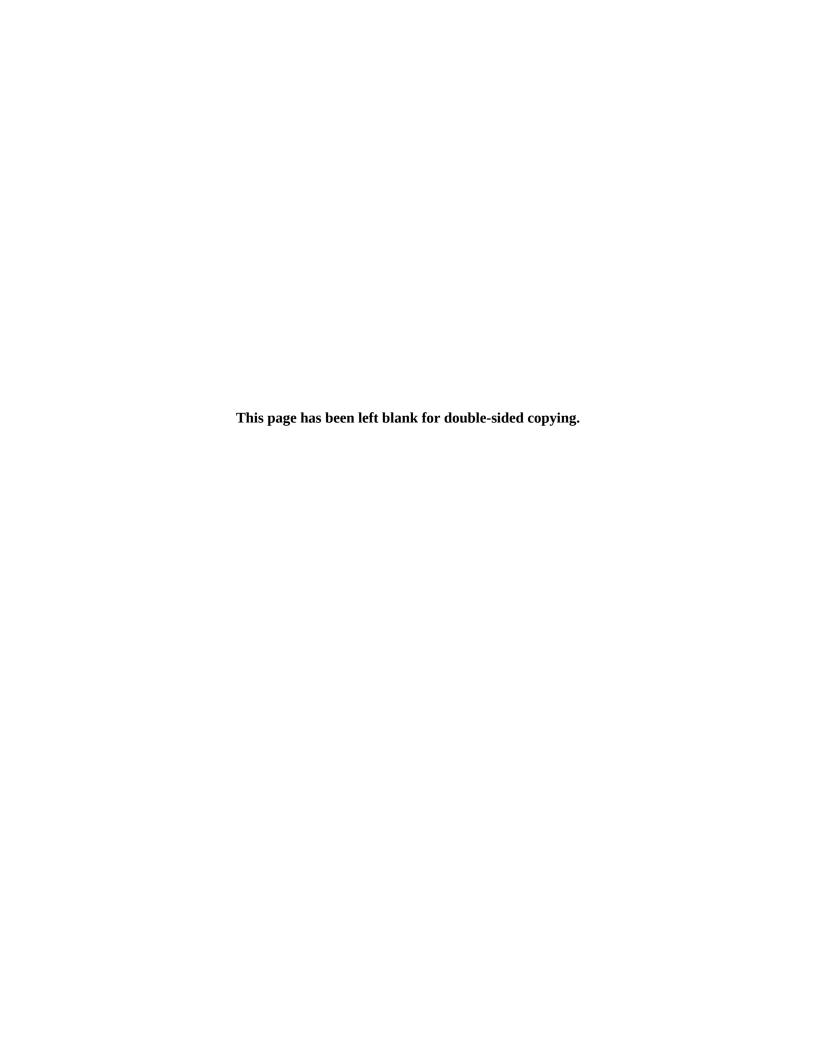
B12.		en time and meal ildren to be seate			were inside <u>after</u>	lunch and befor	<u>re supper,</u> were th	nere any times (	desig-
	<ul> <li>1 O Yes Record the start/stop time of each session of indoor seated time.</li> <li>0 No → SKIP TO B 13</li> </ul>								
<b>↓</b>									
		Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	Session 7:	Session 8:
B12a.	When did each session <b>start</b> ?	_ :   AM/PM	_ :   AM/PM	_  :   _  AM/PM	_  :   _  AM/PM	_  :   _  AM/PM	_ :   AM/PM	:     AM/PM	_  :   _ AM/PM
B12b.	When did each session <b>end</b> ?	_  :   _  AM/PM	_  :   _  AM/PM	_  :   _  AM/PM	_  :   _  AM/PM	_  :   _  AM/PM	_  :   _  AM/PM	:     AM/PM	_ :   AM/PM
risk c side-s	er only for at- enters and out- school-hours centers:	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No	O Yes	1 O Yes 0 O No			1 O Yes 0 O No
B12c.	Was this time designated as time for children to engage in school work or								

## Nap/Rest Time:

B13.	Did the children have hap time on this day?
	- 1 O Yes RECORD START AND STOP TIMES
$\downarrow$	<ul> <li>1 O Yes RECORD START AND STOP TIMES</li> <li>0 O No → SKIP TO SECTION C</li> </ul>
B13a.	What time did nap time start?
	_ :   AM/PM
B13b.	What time did nap time end? (This is when the last child finished sleeping.)



## **SECTION C: ACTIVITIES AFTER SUPPER**



# SECTION C: ACTIVITIES AFTER SUPPER

C0.	Is the site serving any children after supper on this day?  - 1 ○ Yes  0 ○ No → SKIP TO SECTION D
	OUTDOOR TIME
C1.	Did the children go outside any time after supper today?
	1 O Yes → SKIP TO C2
	₀ O No
<b>♥</b> C1a.	Why was there no outdoor time for the children <u>after supper</u> today?
	$_{ exttt{1}}$ No outside time was scheduled before lunch
	2
	₃ ☐ It was too cold
	₄ ☐ It was raining/snowing
	5 ☐ It was too windy/wind chill
	$_{6}$ $\square$ The playground/equipment was too wet/muddy/snowy
	7 D Poor air quality
	8 Other (SPECIFY)
	9 🗆 Unsure

SKIP TO C7 AFTER MARKING ALL THAT APPLY.

### Outdoor Play and Physical Activity Time:

C2.	While the children were outside <u>after supper</u> , was any time provided for outdoor play or physical activity? [Count all the periods outside when the children were physically active whether this was free play, group activity, or a provider/staff led, initiated or organized activity.]						
	→ Yes Record the start/stop time of each outdoor play and physical activity session and answer the questions that follow about each session.						
	$_{0}$ O No $\rightarrow$ SKIP TO C6						
		Session 1:	Session 2:	Session 3:			
C2a.	What time did each outdoor play and physical activity session <b>start</b> ?	:    AM/PM	_ :   AM/PM	_ :   AM/PM			
C2b.	What time did each outdoor play and physical activity session <b>end</b> ?	_ :   AM/PM	_ :   AM/PM	_ :   AM/PM			
C2c.	Did the provider/staff encourage children to participate in play or physical activity?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No			
C2d.	Did this session include any provider/ staff led, initiated or organized physical activities? (Examples: structured active games, sports, music/dancing, exercises, run- ning, brisk walking, or gross motor devel- opment activities)	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No			
C2e.	Did the provider/staff prompt children to drink water?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No			

IF ANSWER WAS NO TO C2D FOR <u>ALL SESSIONS</u>, SKIP TO C4.

C3.	Which	of the following types of a	ctivities did the provider/staff lead, initiate	or organize? (	
	Mark a	ll that apply			
	1 <u></u>	Active singing/musical gam	nes (e.g., "head, shoulders, knees, and toes")		
	2	Dancing			
$_3$ $\square$ Games with balls (e.g., throwing or catching with another person)					
	4	Aiming games or sports (e.	g., bowling, bean bag toss at an object, arche	ry)	
	5	Parachute			
	6	Climbing activities			
	7	Balancing activities			
	8 🗌	Jumping games for young	children (e.g., "jump like a kangaroo," "hop like	e a bunny")	
	9 🗌	Skipping or running games markings)	(e.g., tag, Red Rover, skipping or hopping thr	ough or around cones or	
	10	Fitness/calisthenics (e.g., s	stretching, pull-ups, push-ups, sit-ups, squats,	jump rope)	
	11	Cross country running, jogg	ging, or brisk walking		
	12	Track and field			
	13	Gymnastics			
	14	Yoga			
	15	Cheerleading			
	16	Martial arts			
	17	Group sports (e.g., soccer,	basketball, baseball, softball, Frisbee, or tenn	nis)	
	18	Other (SPECIFY)			
C4.	dren to		any portable play or physical activity equip	oment available for the chil-	
<b>▼</b> C4a.		nuch portable play/physica nysical activity time?	l activity equipment was available to the cl	nildren during outdoor play	
	O 0	None			
	1 <b>O</b>	Very limited			
	2 <b>O</b>	Somewhat limited			
	з О	Not limited			
Fn	uinmen	nt availability rating, fo	or reference only:		
-4	•		Somewhat Limited	Not Limited	
	ere was ver	Very Limited: ry little available, and could not use any at all	The amount available was somewhat limited and children had to take turns because there was not enough available	There was enough available for all children to use at least one kind and not have to wait	

C5.	Did you observe any child losing more than 5 minutes of outdoor play or physical activity time as a disciplinary action for misbehavior <u>after supper</u> ?						
	1 O Yes						
	o <b>O</b> No						
	C	Outdoor Seated Time	e:				
C6.	While the children were outside <u>after</u> be seated and not physically active?	supper, were there any	times when the children	n were asked to			
	_ 1 O Yes Record the start/stop time	e of each session of outd	oor seated time.				
	$_{0}$ O No $\rightarrow$ SKIP TO C7						
		Session 1:	Session 2:	Session 3:			
C6a.	When did each session of seated time start?	:    AM/PM	:    AM/PM	_  :    AM/PM			
C6b.	When did each session of seated time end?	:    AM/PM	:    AM/PM	:    AM/PM			
	ver only for at-risk centers and out-	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes			
	was this time designated as time for children to engage in school work or homework?	o <b>O</b> No	o <b>O</b> No	o <b>O</b> No			

## **INDOOR TIME**

## Indoor Play and Physical Activity Time

C7.	door time when the children ated activity.)	• • • • • • • • • • • • • • • • • • • •	, ,			, ,	
	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	•	ch session of indoor	physical activity and	answer the question	s that follow about $\epsilon$	each session.
•		Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:
C7a.	What time did each indoor play or physically activity session <b>start</b> ?	:	_:	_ :	:	:	:
		AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
C7b.	What time did each indoor play or physical activity session <b>end</b> ?			:	_:	_:	_ :
	Sion ona.	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
C7c.	Did the provider/staff encourage children to participate in	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes
	play or physical activity?	oN O	o <b>O</b> No	0 O No	0 O No	0 <b>O</b> No	0 <b>O</b> No
C7d.	Did this session include any provider/staff led, initiated or	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes	<sub>1</sub> O Yes
	organized physical activities?	o <b>O</b> No	o <b>O</b> No	0 <b>O</b> No	0 <b>O</b> No	0 <b>O</b> No	o <b>O</b> No
	(Examples: structured active games, sports, music/ danc- ing, exercises, running, brisk walking, or gross motor de- velopment activities)						
C7e.	Did you observe the provider/staff prompting chil-	<sub>1</sub> O Yes	1 O Yes	<sub>1</sub> O Yes	1 O Yes	1 O Yes	1 O Yes
	dren to drink water?	0 <b>O</b> No	o <b>O</b> No	<sub>0</sub> <b>O</b> No	o <b>O</b> No	<sub>0</sub> <b>O</b> No	o <b>O</b> No

IF ANSWER WAS NO TO C7D FOR  $\underline{\mathsf{ALL}}$  SESSIONS, SKIP TO C9.

C8.	Which	of the following types o	f activities did the provider/staff lead, initia	te or organize?				
	Mark a	ll that apply						
	$_{1}$ $\square$ Active singing/musical games (e.g., "head, shoulders, knees, and toes")							
	2	Dancing						
	$_3$ $\square$ Games with balls (e.g., throwing or catching with another person)							
	4	Aiming games or sports	(e.g., bowling, bean bag toss at an object, arch	nery)				
	5	Parachute						
	6	Climbing activities						
	7	Balancing activities						
	8	Jumping games for your	g children (e.g., "jump like a kangaroo," "hop li	ike a bunny")				
	9	Skipping or running gam markings)	es (e.g., tag, Red Rover, skipping or hopping t	chrough or around cones or				
	10	Fitness/calisthenics (e.g.	, stretching, pull-ups, push-ups, sit-ups, squate	s, jump rope)				
	11 🗆	Cross country running, jo	ogging, or brisk walking					
	12	Track and field						
	13	Gymnastics						
	14	Yoga						
	15	☐ Cheerleading						
16 Martial arts								
$_{17}$ $\square$ Group sports (e.g., soccer, basketball, baseball, softball, Frisbee, or tennis)								
	18	Other (SPECIFY)						
C9.		the indoor physically available for the children	ctive time <u>after supper,</u> was any portable pl to use?	ay or physical activity equip-				
	<b>–</b> 1 <b>O</b>	Yes Record the start/s	stop time of each session of outdoor seated tim	ne.				
	<b>O</b> 0	No → SKIP TO C10						
↓ C9a.	How m	uch portable play equip	ment was available to the children during i	ndoor play time?				
	O 0	None						
	1 <b>O</b>	Very limited						
	2 <b>O</b>	Somewhat limited						
	3 О	Not limited						
Equ	ipment	availability rating, f	-					
	Ve	ery Limited:	Somewhat Limited  The amount available was somewhat limited	Not Limited There was enough available for				
		little available, and could not use any at all	and children had to take turns because there was not enough available	all children to use at least one kind and not have to wait				
C10.		u observe any child losi ry action for misbehavio	ng more than 5 minutes of indoor play or por <u>after supper</u> ?	hysical activity time as a dis-				

O YesO No

#### Screen Time:

C11. Did the children have time as a group watching or using screens or screen devices <u>after supper?</u>
(Please include all times when a group (large or small) of the children were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.)

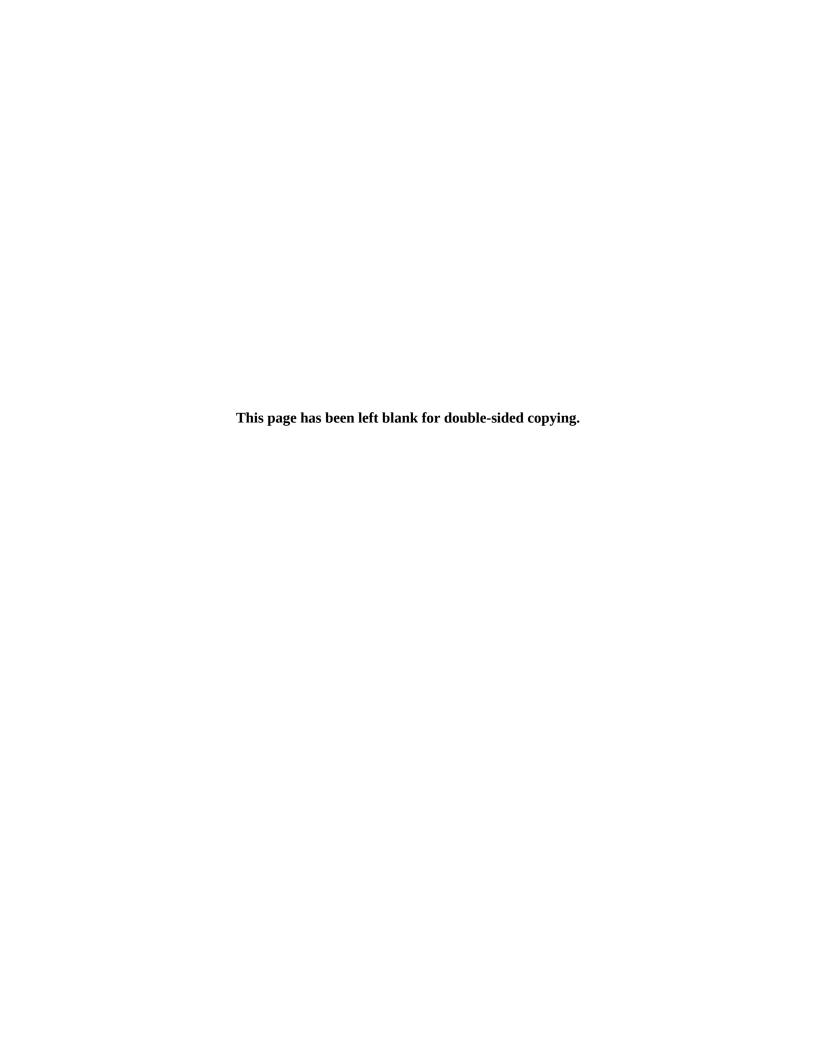
Г	ı	O	Yes
	0	$\mathbf{C}$	No → SKIP TO C12

♥				
·		Session 1:	Session 2:	Session 3:
C11a.	What time did each session <b>start</b> ?	:     AM/PM	:   _  AM/PM	:    AM/PM
C11b.	What time did each session <b>end</b> ?	:     AM/PM	:   _  AM/PM	_  :    AM/PM
C11c.	During each session, what type of screen was watched?	<ul> <li>TV/DVD/VCR</li> <li>D Laptop/desktop</li> <li>Tablet/iPad</li> <li>Videogame system or console</li> <li>Smart board</li> </ul>	<ul> <li>TV/DVD/VCR</li> <li>Laptop/desktop</li> <li>Tablet/iPad</li> <li>Videogame system or console</li> <li>Smart board</li> </ul>	<ul> <li>TV/DVD/VCR</li> <li>Laptop/desktop</li> <li>Tablet/iPad</li> <li>Videogame system or console</li> <li>Smart board</li> </ul>
C11d.	Were the children physically active for the majority of the time the screen was on?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No
C11e.	Were they watching or engaging with educational programming?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No
ters a	er only for at-risk cen- nd outside-school-hours enters:  Was this time desig- nated as time for chil- dren to engage in school work or homework?	1 O Yes 0 O No	1 O Yes 0 O No	1 O Yes 0 O No

#### **Indoor Seated Time:**

C12.		reen time and me and not physical		while the childre	n were inside af	ter supper, were	there any times	designated for	the children
	_ ı O Yes	Record the star	t/stop time of each	session of indoor	seated time.				
<b>↓</b>	0 O NO _	SKIP TO SECT	ION D						
		Session 1	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	Session 7	: Session 8:
C12a	. When did each ses- sion <b>start</b> ?	:   _  AM/PM	:   _  AM/PM	:   _  AM/PM	_ _ : _   AM/PM	_ _ : _   AM/PM	:   _  AM/PM	_ _ : _   AM/PM	:   _  AM/PM
C12b	. When did each ses- sion <b>end</b> ?	:   _  AM/PM	_ _ : _   AM/PM	:   _  AM/PM	_ _ : _   AM/PM	_ _ : _ _  AM/PM	_ _ : _   AM/PM	_ _ : _   AM/PM	:   _  AM/PM
risk o side- care	ver only for at- centers and out school-hours centers:  . Was this time desig- nated as time for chil- dren to en- gage in school work or home- work?	Yes - No						Yes No	Yes No

# SECTION D: ENVIRONMENTAL SUPPORTS FOR WELLNESS: SPACE AND EQUIPMENT



# SECTION D: ENVIRONMENTAL SUPPORTS FOR WELLNESS: SPACE AND EQUIPMENT

#### **Indoor Space:**

Note: Please complete Questions D1 and D2 even if there was no indoor physical activity time observed on the observation day.

D1. When children are inside, where are they allowed to participate in gross motor physical activities such as running, jumping, hopping, tumbling, sports, aerobics, and indoor physically active games? (Mark all types of spaces that apply and rate each according to the room available.)

NO SPACE INDOORS FOR GROSS MOTOR PHYSICAL ACTIVITY → GO TO D2

TYPE OF INI	DOOR SPACE AVAILABLE FOR	GROSS MOTOR ACTIVITIES	RATE THE SPACE USING THE SCALE BELOW			
a. Classroon						
b. Separate						
c. Cafeteria			<u></u>			
d. Shared in	door space with some other entity	(e.g., school)	<u> </u>			
e. Other (SP	ECIFY)		<u> </u>			
			<u>ı—ı</u>			
	Indoor space r	ating, for reference only:				
No space of this type is available	Adequate space for all gross motor activities including running activities					
1 🗆	Faucet/tap					
2 🗌	Drinking fountain					
3	Pitcher					
4	Water cooler					
5	Individual bottles					
6	Other (SPECIFY)					
7	Water not available for children	while indoors				

# Outdoor Space:

Note: Please complete Questions D3-D5 even if there was no outdoor play or physical activity time on the observation day.

D3.	Is there any outdoor space at the center or home location where children are allowed to play and en gage in physical activity?
	- 1 Q Yes
	$_{0}$ O No $\rightarrow$ GO TO D4
D3a.	Which statement best describes the area outside the center or home location where children are allowed to play and engage in physical activity?
	<ul> <li>No space for activities that involve running (one child or groups of children)</li> <li>Space only for single child running/skipping/hopping</li> <li>Space for small group running games or activities that involve less than half of the group or class</li> <li>Space for running games or activities allowing more than half the class or group</li> <li>Not able to be observed</li> </ul>
D4.	Is there any outdoor space away from the center or home where the children regularly go to play an engage in physical activity?
	1 O Yes
	0 No
D4.	How is drinking water available for children while they are outdoors?
	Mark all that apply
	ı □ Faucet/tap
	$_2$ $\square$ Drinking fountain
	3 Ditcher
	₄ ☐ Water cooler
	$_{5}$ $\square$ Individual bottles
	6 Other (SPECIFY)
	$_{7}$ $\square$ Water not available for children while outdoors

### Play Equipment Available:

D5. Check off all types of fixed play and physical activity equipment that are available indoors and/or outdoors. (Please check equipment types that are observed even if not used.)

IF THERE IS NO FIXED PLAY OR PHYSICAL ACTIVITY EQUIPMENT AT THE SITE, GO TO D7

	FIXED PLAY AND PHYSICAL ACTIVITY EQUIPMENT	AVAILABLE OUTDOORS	AVAILABLE INDOORS
a.	Balancing surfaces (balance beams, boards, etc.)	1 🗆	2
b.	Baseball, softball, or kickball diamond	1 🗆	2
C.	Basketball hoop(s) or court	1 🗆	2
d.	Climbing structures that cannot be moved (jungle gyms, ladders)	1 🗆	2
e.	Gymnastics equipment	1 🗆	2
f.	Merry-go-round	1 🗆	2
g.	Play house	1 🗆	2
h.	Running track	1 🗆	2
i.	Sandbox (large enough for child to sit in)	1 🗆	2
j.	See-saw	1 🗆	2
k.	Slide that cannot be moved	1 🗆	2
l.	Soccer field/goals	1 🗆	2
m.	Swimming pool	1 🗆	2
n.	Swinging equipment (swings, ropes)	1 🗆	2
0.	Volleyball net	1 🗆	2
p.	Water play area (not including a water table)	1 🗆	2
q.	Tricycle track or paved area	1 🗆	2
r.	Tunnels (fixed, not movable)	1 🗆	2
S.	Other (SPECIFY)	1 🗆	2

# D6. Check off all types of portable equipment for play and physical activity that are available for indoor or outdoor use by the children. (Please check equipment types that are observed even if not used.)

PORTABLE PLAY AND PHYSICAL ACTIVITY EQUIPMENT	AVAILABLE	NOT AVAILABLE	
a. Balls (large and small)	1 🗆	2	
b. Climbing structures (that can be moved by staff or children)	1 🗆	2	
c. Floor play equipment (tumbling mats, etc.)	1 🗆	2	
d. Jumping play equipment (jump ropes, hula hoops, mini trampolines)	1	2	
e. Parachute	1 🔲	2	
f. Push/pull toys (wagon, scooters, trucks, wheelbarrows, etc.)	1 🗆	2	
g. Riding toys (tricycles, cars, scooter boards)	1 🗆	2	
h. Rocking or twisting toys (rocking horse, sit and spin)	1 🗆	2	
i. Sand/water tables	1 🗆	2	
j. Sand/water play toys (shovels, scoops, buckets)	1 🗆	2	
k. Slides (that can be moved by staff or children)	1 🗆	2	
I. Twirling play equipment (ribbons, scarves, batons, etc.)	1 🗆	2	
m. Portable tunnels (can be moved by staff or children)	1 🗆	2	
n. Balance toys (balance beams, river stones)	1 🗆	2	
o. Small portable pool used for swimming, splashing, or other water play	r <sub>1</sub>	2	
p. Marker items (poly spots, cones)	1	2	
q. Other (SPECIFY)	1 🗆	2	

#### Screens Available for Children's Use:

D7. For each screen type in the table below, mark whether it was observed at the center or home for use by the children; and provide the number that were observed of each type. (Do not include screen devices that the children brought with them to the site. Please write "0" if none are available.)

	SCREEN TYPE	HOW MANY AVAILABLE
a.	TV	
b.	DVD player/VCR	_
C.	Laptop or desktop computer	
d.	iPad/Tablet	
e.	Video game console (e.g., Xbox, PlayStation, Nintendo, Game Boy, etc.)	
f.	Smart board	_ _
g.	Smartphone	_ _
h.	Other screen (SPECIFY)	<u>  </u>