

Examples Child Assent Scripts

Each child will be asked to give assent before participating in each session (testing and exercise) of the study.

Children in the Experimental Group: The following script will be used to ask children if they would like to participate in the daily exercise session: “We are going to play some games [child will be shown the activities that are set up]. Would you like to play with us? May I put this watch [child will be shown the heart rate monitor] on your arm while you play? Which arm do you want it on?”

If children choose not to participate in the exercise, they will participate in free play with the control group supervised by their regular classroom teachers. They will not have to wear the heart rate monitor if they do not want to. Children may choose not to participate at any time.

Children in the Control Group: These children will participate in free play supervised by their regular classroom teachers. They will be asked “May I put this watch [child will be shown the heart rate monitor] on your arm while you play? Which arm do you want it on?”

Children will not have to wear the heart rate monitor if they do not want to, and may choose not to participate at any time.

All Children before Testing: The following script will be used to ask children if they would like to participate in testing: “Hi, my name is [researcher’s name]. Can you show me how well you can [run, jump, hop, etc.]?”