We searched The Campbell Library, Medline (PubMed interface) and ERIC (EBSCOhost interface): in March-April 2013; to answer the question: "In at-risk pre-school or primary school children in Flanders (Population), is performing one of 16 didactical activities accompanied by a non-professional adult (Intervention) effective to improve knowledge, skills, attitude or behaviour (Outcome), when compared to no activity or another activity of interest (Comparison)";

The quality of the scientific evidence was determined according to the GRADE methodology (Atkins et al. 2004).