All in Fun

For Children age 7-12

amd their Caregivers and Parents

7-12
Yrs

All in Fun Module Lesson Plan

For Caregivers and parents with their children age 7-12

Lesson 1 - A Healthy Balance

- Program introduction
- What is Health?
- Things We Choose
    - Energy Balance
- Obstacles to Healthy Choices
- Things We Inherit
    - Self-esteem
- Nurture Yourself

Lesson 2 – The Whys and Hows of Eating

- Food Associations
- Why do we eat
- Different kinds of hunger
- Mindful Eating
- How, where and when we eat
- When we eat

Lesson 3 – Food & Nutrition

- Canada Food Guide recommendations
    - 4 food groups
    - Number of servings for different ages
    - Beverages and the role they play in our diet
- Shop smart tour(real or virtual)
- Label reading

Lesson 4 – Cooking Together (Optional Lesson)

- Participants choose what they want to cook together the week prior
- Strategies to ensure everyone has fun
- Provide cooking skills

** If no resources then potluck on the last night and handouts for how to cook together*

Lesson 5 – Physical Activity

- What makes us want to be active?
- Ideas for easy, cheap, available, and fun ways of being active together
- Canada Activity Guide recommendations
- Canada Sedentary Guide recommendations
    - Influences of media

Lesson 6 – Relationships & Bringing it All Together

- Relationship with your body
- Relationship to those around you – family traditions
- Relationship to your community – what resources are available to you
- Healthy active choices for life

Lesson 1: A Healthy Balance

Lesson Overview
Lesson 1welcomes participants and introduces the KYNACT program.
A Healthy Balance introduces the concept of energy balance and encourages self-esteem and body acceptance, and gives a chance to problem-solve and a tool to cope with stress.

Lesson Objectives
- Provide course overview and lesson plan
- Introduce the concept of energy balance
- Acknowledge every child is unique and has positive qualities
- Provide a strategy to cope with stress

Lesson Activities
- Course Introduction (15mins)
    - Leaning Outcomes Survey
- Introductions & Icebreaker (10 mins)
- What is Health? (10 mins)
    - Flip Chart Activity
- Things we Choose (20 mins)
    - Beanbag Balance
    - Group Discussion: Energy Balance handout
- Wiggle Break (5 mins)
- Obstacles to Healthy Choices (15 mins)
    - Obstacle Course & Group Discussion
- Things we Inherit (25 mins)
    - Activity: Paper Bag Me
- Coping with Stress (10 mins)
- Wrap-Up (5 mins)

Materials Needed
- ☐ Flipchart & Pens
- ☐ Beanbags (1 for each participant)
- ☐ Small paper bags (1 for each participant)
- ☐ Crayons & markers
- ☐ Objects to be used for a small obstacle course
- ☐ Timer (optional)

Resources Needed
- ☐ PowerPoint presentation slides ready for use (optional)
- ☐ Learning Outcomes Survey
- ☐ Ice-Breaker question cards
- ☐ Energy Balance Seesaw handout
- ☐ Obstacles to Healthy Choices handout
- ☐ Nurture Yourself Handout

Welcome! (15 mins)

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Facilitator introduces themselves and provides a facility orientation.

We are here today because we like being healthy and being healthy feels good. We know that you already do lots of things to be healthy, so the goal of this course is to give you a pat on the back for all the healthy choices you are making and to give you some new ways to think about yourself, and your health and to give you some ways that you can be your healthiest you! We also plan to have a lot of fun!

We know that it can be tough being a kid and that you and your family are very busy. We truly appreciate the time that you and your family are committing to this course and, in the end to your health

Before we go any further we would like to know how best to meet your needs. Let's take 5-10 minutes and fill out the learning outcomes survey to let us know how you learned about the course, what your expectations are, what you hope to get out of this course.
Thank you. We will endeavor to meet your needs as best we can throughout the course.

In this course you may discover new things about your self and your family. You may have some feelings and emotions come up. Please know that this is a safe place and an open group and that we are interested in hearing what you have to say and how you are feeling and that we will not judge you, your feelings, or your choices.

Food weight, physical activity, family, time, money, the media, health, eating, stress – all these things are tied together but we are going to try to pull apart some pieces to talk about and learn about and to build skills around. We hope that you will want to try out some of your new knowledge and new skills with your friends and your family. Some changes that you make may make an immediate difference in your life, others may take some time to work out the kinks.

Remember that regular check-ins are necessary to keep up your health. This means that even though this course is going to end you will need to refresh some ideas and practice some skills in order to really reap the benefits that can last you a lifetime.

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Here is the course outline that shows what we are going to be going learning and doing in the next 6 weeks.

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And here's what we'll be talking about in this week's lesson

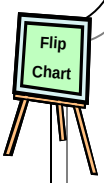
Without further ado, lets get to know one another!

Activity: Introductions & Ice Breaker (10 mins)

Ask participants to introduce themselves and then with the group around them answer the ice breaker questions listed on each of the tables.

Ice Breaker Questions

1. If you make a sandwich for yourself, how would you cut it in half?
2. When you get into a car to drive somewhere what do you do first – start the car, put on your seatbelt, or look at yourself in the mirror?
3. How do you eat an Oreo cookie?
4. Which seat do you prefer on the plane? Window, middle, or aisle?
5. In the evening, what do you do first – floss or brush?
6. If you need to replace the toilet paper on the holder do you put the roll so the paper comes over or under the roll?
7. When you walk up stairs do you first step with your left foot or your right?
8. What is your favourite season?



Activity: What is Health? (10 mins)

We're going to start with a challenge; I challenge you to fill this sheet with everything you can think of when I say a word.

The word is 'Healthy!' Prompt: What kinds of things make us feel healthy?

Some people think being healthy is just being 'not sick' but clearly you all know that it's more than that. There are many kinds health; physical health, mental health, emotional health and social health and they are all important. Most of what we are going to talk about is physical health but how well you take care of your body can affect our other kinds of health too. Some of our health is inherited and some things can be controlled by our choices.

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Things We Choose (20 mins)

Making healthy lifestyle choices can impact our health in positive ways. Your lifestyle is how you live your life or your way of life. Healthy lifestyle choices include what food and drink your put into your body and what physical activities you do in your spare time.

Activity: Beanbag Balance

Give each participant a beanbag and ask them to place it on top of their head and walk around the room.

- *What did you need to keep the beanbags on top of your head? – Balance!*
- *What did you do to stay balanced?*

One of the things our body does for us is give us balance. But did your know that our body also expects us to choose a balanced lifestyle to take care of ourselves?

Our body needs energy balance. Has anyone heard of energy balance?

It means we need to balance the energy coming in with the energy going out.

Group Discussion: Energy Balance

On a flip chart write two columns Energy In and Energy Out

What is energy? What does it feel like when you have lots of energy? Where do we get our energy from? Energy comes from the food we put in to our bodies. The measurement we use to know how much energy we put in is called calories.

How do we get energy out? We move our bodies. We do physical activity.

Our body needs the right amount of energy in or calories to be able to grow, and change, and learn and to be able to do all the activities that we want to do.

In the two columns have participants list the foods and drinks they have eaten and activities they did today.

We don't need to balance our Energy In and Energy Out exactly everyday, but the goal should be to keep it balanced over time. For kids like you, the focus should be on having enough energy to do the things you want to do and to grow strong and healthy.

Provide the Energy Balance Seesaw to draw on and ask participants to complete the sentences.

I get Energy In from _____
And I use that Energy by _____.
That's called Energy Balance!

Stretch Break (5 mins)

We are going to take a break during each of our lessons to stretch and take a break.
Today our stretch is going to be part of our next lesson. .

Obstacles to Healthy Choices (15 mins)

Activity – Obstacle Course

Set up an obstacle course with materials, for example a chairs to run around, a tables to crawl under, and a chair to jump off of. Demonstrate how to go through the obstacle course and ask participants to complete the course one at a time. You may like to time them and tell them what their time was. Then repeat the course without obstacles.
Ask participants did they go faster or slower? Why?

Group Discussion

Provide Obstacles to Healthy Choices Handout

Some people have obstacles that get in the way to making healthy choices.

What are the obstacles in the examples?

Join up with a group and brainstorm some ways to hurdle these obstacles. Can you think of other examples for kids your age or examples of your own of obstacles to healthy choices?

Brainstorm together way of overcoming it.

Things we Inherit (25 mins)

Note to the Facilitator
As we teach about making healthy choices, its important to make sure children feel good enough about who they are to want to make sensible, balanced food choices and to stay active

There are many things that determine how kids like you grow and change and learn. The foods you eat, the activity that you do are things that you choose.

There are other things that you can't choose that affect your health; your genes. Your body has its own built in plan for how much you're going to grow and when those changes are going to happen and those plans are called your genes. Different from your jeans, so changing your pants isn't going to make a difference!

Your genes are something that you inherit from your parents. Your genes have the plan not only for how and when you grow, but also your eye color, hair color, skin color, and body shape.

Everyone has different genes – that's what makes us look and be unique. Even brothers and sisters who share the same parents can look a lot different. Know that your body is just right for you! No body is the same as yours because nobody is like you. You are unique! A one-of-a-kind type of kid!

Your body is a very important piece of you. It allows you to do all the things you do, like…… But, your body is only one piece of you. You are made up of many different pieces, characteristics, and qualities. Characteristics and qualities are things that are in the inside – the things that no one can see.

Activity – A paper bag ME!

Give each participant a small paper bag. Ask the participants to draw a picture of themselves on the outside of the bag. It may be a picture of their face or a picture of their whole body. Using 3 small pieces of paper. Ask everyone to write down three things they like about themselves that you can not see with your eyes. Ask the children to write down 3 things they like about their parent and/or caregiver that they can not see. Ask parents/caregivers to do the same for their children.

Ask participants how they think they' ll feel after they read the things that are written.

Coping with Stress (10 mins)

Sometimes life can throw us a curve ball. Or we can have some barriers, like what we were talking about earlier. And sometimes we have so many barriers that it can get overwhelming. When people get overwhelmed or they have a rough day their shoulders inch up to their ears, their fists clench, and they can start to look like this.

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When people look like this they are usually called stressed out. They are not coping well with their stress. Not all stress is bad, sometimes it can help you do things when you need to do them. But, when stress gets to be too much we have to have ways of taming the stress monster.

Provide Nurturing Yourself handout

Here is a sheet with a list of easy things that anyone can do to take care of themselves. You don't have to be stressed to do any of the things on this list. Maybe you have a really good day when you have accomplished something and you want to reward yourself, then these things are good for that too – as rewards. Do you think there are a couple of these you could try to do this week? Try to find two things on this list and circle them.

Next week when we come back you can let everyone know how you did at caring for yourself.

Relax & Wrap Up

We are going to finish our lesson with a relaxing activity.

Belly breathing is a very easy activity to relax your body and focus your mind. You can do this standing up or sitting. First we are going to sit up straight, imagining a string lifting up your chest.

Place one hand flat against the abdomen. Your thumb should be around your navel.

Breathe in through at an even rate. Allow your abdomen to expand, rather than your upper chest. You should feel the hand on your abdomen being pushed away from your body as your abdomen rises.

Do this 5-6 times. Closing your eyes and relaxing your body and doing a few belly breathes can make you feel really good any time of the day..

Thank everyone for coming and wish them a healthful week ahead.

Learning Outcomes Survey

Please answer the questions below so that we can best meet your needs!

What interested you in taking this program?

What do you want to learn in this program?

If you make a sandwich for yourself, how would you cut it in half?

When you get into a car to drive somewhere what do you do first – start the car, put on your seatbelt, or look at yourself in the mirror?

How do you eat an Oreo cookie?

Which seat do you prefer on the plane, window, middle, or aisle?

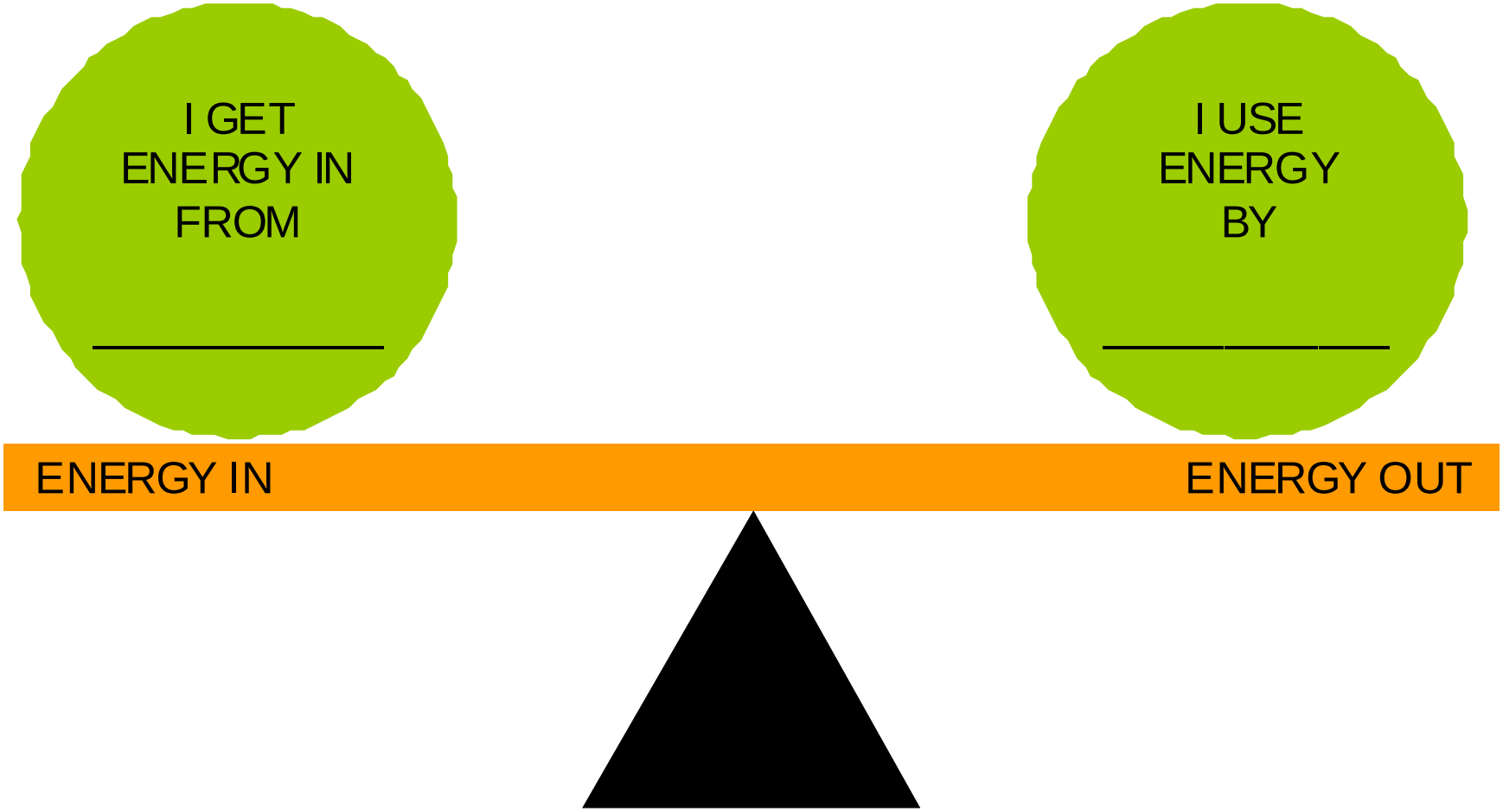
In the evening, what do you do first – floss or brush?

If you need to replace the toilet paper on the holder do you put the roll so the paper comes over or under the roll?

When you walk up stairs do you first step with your left foot or your right foot?

What is your favourite season?

Energy Balance See-Saw



That's energy balance!

Obstacles to Healthy Choices

Example 1
Joe's family lives in the centre of town. His home doesn't have a garden and the streets outside are busy with traffic so he doesn't get outside to play.

- What is the obstacle? _____
- What could Joe do? _____

Example 2
Sue always takes a packed lunch to school. It's full of quick and easy pre-packaged snacks – like cookies, crisps and a can of pop. She would love to eat a bit more healthy but there's not enough time in the morning to make things from scratch.

- What is the obstacle? _____
- What could Sue do? _____

Example 3
Janey is always bored in the evenings after school and homework. She sits in her room and plays computer games all evening until her Mom tells her it's time for bed.

- What is the obstacle? _____
- What could Janey do? _____

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Can you think of an example of an obstacle? _____
_____
_____

What could you do? _____
_____
_____
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Ways to Nurture Yourself

Remember – nurturing, comforting, and rewarding yourself without food may feel awkward at first, but with practice it will feel more comfortable.

- Smell some flowers
- Take a bubble bath
- Curl up with a good book
- Download a new song
- Go window shopping
- Close your eyes and take a deep breath
- Give your pet a hug
- Browse in a bookstore
- Do some star gazing
- Send yourself a card
- Phone a dear friend
- Go to bed an hour earlier
- Listen to music
- Go for a walk
- Warm up next to a fire
- Wander through an art gallery
- Lie on the grass and watch the clouds
- Walk in the park
- Blow bubbles
- Colour or sketch
- Hit balls at the driving range
- Go to the store and read greeting cards
- Go fishing
- Put on your pj's and drink tea
- Rent a movie
- Watch any show that makes you laugh

Other ideas:

_____

_____

_____

How I will nurture myself in the next week:

_____

_____

_____

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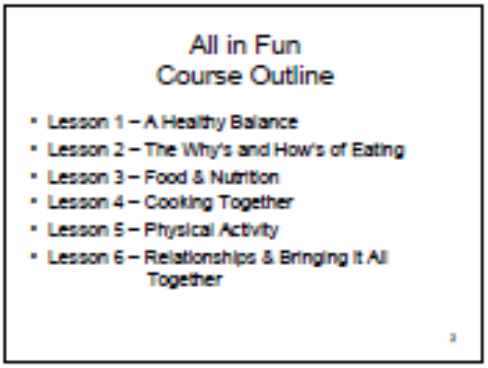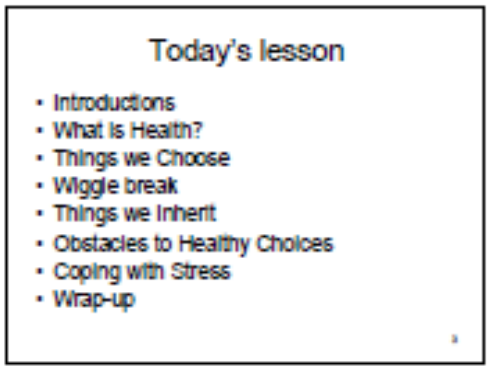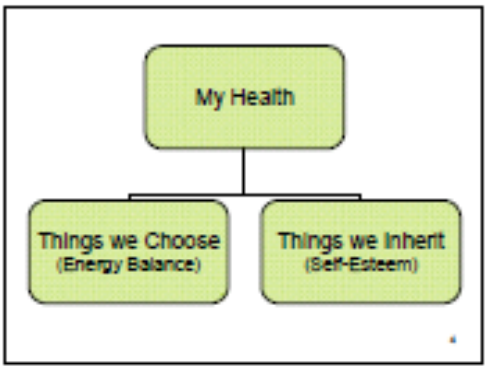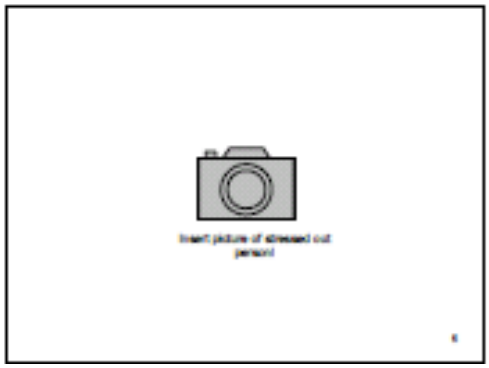
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