

Title: Get Active with Zowzoo

Target Audience: Children and their caregivers

Objectives: The participant will:

1. Dance or move along with at least two of the dance segments in the video
2. Demonstrate at least 1 animal dance move from the Zowzoo video
3. Identify at least one reason why physical activity is important for children and adults

Teaching Materials Needed:

1. Get Active with Zowzoo DVD
2. Zowzoo and Friends book (optional)
3. Handouts on physical activity for children

Advance Preparation Needed:

1. Set up DVD player and projector/TV as appropriate
2. Prepare food samples in advance of class (optional)

Class Outline and Methods (including interactive component):

1. Greet participants as they come to the class.
2. Icebreaker: Ask parents and children to name one game that they like to play outside.
3. Introduce the Zowzoo DVD explaining that Zowzoo is a creature who has forgotten how to play. "Once upon a time, Zowzoo was a magical creature. He used to dance and play with his friends every day. He could swim, jump, climb, and even fly, but now he has forgotten how. Would you like to go on a magical adventure to help Zowzoo remember how to play?" There will be lots of moving and dancing and everyone can join in. Ask parents to do it along with their children.
4. You can let everyone know that each family will get a copy of Zowzoo to take home if they like.(Optional)
5. Start DVD. The video is approximately 26 minutes long. If you show the entire video, the class will take about 35-40 minutes. To condense the video: Use the condensed introduction and start the video tape from the "monkey scene". OR Use the condensed introduction and select the "dance only" version on the DVD.
6. During the video, participate in the dancing and movement activities and encourage others to join in.
 - a. Make positive comments to encourage participation. "You are doing great!" "Keep dancing!" During the video, ask the kids questions and make positive statements such as: "Do you guys want to go?" "Do you like bananas?" "You are doing a great job!"

- b. Comment on aspects of the video such as movements, the use of water, helping to cook, who likes oranges or bananas, etc.
7. After the video, invite everyone to sit down. Ask open ended questions such as:
 - a. What was your favorite part of the video?
 - b. Why do you think Zowzoo was grumpy at the beginning?
 - c. How did Zowzoo learn to play again?
 - d. Moms, what kinds of physical activities do you enjoy doing with your kids?
 - e. What fruits and vegetables do you like to eat? What color are they?
8. Give out slices of oranges or bananas that were mentioned in the video. Talk to parents about serving fruits as healthy snacks.
9. Share information on why water is needed by everyone and encourage everyone to drink water each day.
10. Optional: have water available during the video for those who come to class. Serve it during the video in the rooftop garden scene.
11. Optional: Try one or more of the activities on the accompanying handout.
12. Record completion of the nutrition education lesson in the client's KWIC record.

Interactive Component:

The client/caregiver will interact with the staff person during the class as discussed in the class outline and methods section above.

Evaluation/Goal Setting:

1. Review the ideas the group came up with. Then ask:
 - a. What is the most useful thing you learned in today's class?
 - b. How will you use what you learned today during the next few weeks?
 - c. Who is planning to watch and dance with Zowzoo this week?

Procedure for Clients to Ask Questions of Trained WIC Staff:

Clients will have questions answered by the designated WIC staff conducting the class. If the question cannot be answered, the client/caregiver will be directed to other qualified staff that can answer the question.

Lesson Plan Written By: Pat Dunavan, MS, RD, LD

Modified and approved by:

Activities for Your Child

Your child loves to play in creative and active ways. Active play is an important part of your child's health and development.

Active play can help your child:

- ✓ Develop her brain and learn new skills
- ✓ Build self-confidence as she learns
- ✓ Feel relaxed and in a good mood
- ✓ Build strong bones and muscles

Be a role model for your child. Be active yourself. If your child sees you being active, they will learn to be active.

Be positive. If your child sees that you have a positive attitude toward physical activity, he will enjoy it too.

Praise your child when he tries a new activity or skill.

Give your child time and space to play actively every day.

Give your child an indoor space where he can safely roll, jump, dance, and tumble.

Give your child time for unstructured activities too, such as:

- Dancing to music in the living room
- Playing in the sandbox or at the park with friends and family

Limit TV, computer time and video games—no more than one or two hours per day.

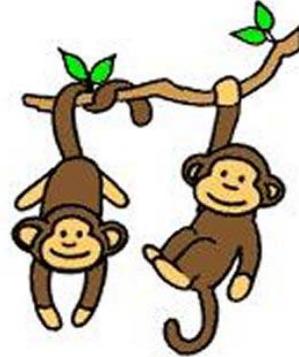


Encourage children to use their imagination while they play. Try some of these activities with your child.

Zowzoo Animals

Ask your child to act like the animals in Zowzoo

- Hop like Rabbit
- Hang like Monkey
- Fly like Parrot
- Bear hug like Polar Bear
- Dance like Zowzoo



Make Believe Walk

Have your child pretend he is walking:

- In a jungle
- In the arctic
- On the moon
- In the mud
- On hot sand

From Here to There

Ask your child to run, skip, hop, wiggle, or dance between two different points. Then let your child tell you how to get between two points.

Walk the Line

Use chalk to draw a line or use a crack in a sidewalk. Ask your child to balance while they walk the line. Show your child how to do it.

Obstacle Course

Set several pillows in a row leaving a space large enough for your child to jump between the pillows.

Balloon Bop

Throw a balloon up in the air and ask your child to hit the balloon with a particular body part like a leg or an arm. Let your child throw it back and tell you which body part to use to hit the balloon.

Hot and Cold

Hide a small item somewhere in a room and tell your child if she is getting close by saying "hot" or further away by saying "cold."