

Title: Healthy Habits for Life-Physical Activity Interactive Nutrition Education Lesson Plan

Target Audience: Infants >6months, children 1-5 years and their caregivers

Objectives:

1. List several benefits to being physically active.
2. List ways that their family can be more physically active.
3. Recognize the importance of playing with their infant and/or child.

Teaching Materials Needed, Including Handouts:

1. Display board or bulletin board
2. The three panel display, Build a Healthy Habit Every Day! Get Moving! (provided by State WIC Office)
3. Master copies of the following handouts:
 - a. *Play with Your Baby*
 - b. *Playing with Your Toddler*
 - c. *Playing with Your 3 to 5 Year Old*
 - d. *My Activity Pyramid* – this is for adults
4. Evaluation tool

Advance Preparation Needed:

1. Set up interactive display.
2. Make necessary copies of the master handouts and evaluation.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Once the client reads through the materials and completes the quiz on one of the handouts, the client should show the completed quiz to the delegated WIC staff person (e.g. clerk).
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?”
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If possible, the client’s goal can also be entered into KWIC.

Suggested Optional Activities:

Add other suggested activities that can be done as a part of the interactive display.

1. Make a movement “grab bag.” Place pictures of different animals in a bag or container. Children can select a picture from the bag and “move” like that animal.
2. Provide copies of area walking trail or mall “maps” to encourage clients to walk.

3. Provide blank copies of some type of exercise/activity log for clients to use at home to record their and their family's physical activity.
4. Have clients make and take home a homemade "toy." Examples:
 - a. Rhythm stick: use toilet paper or paper towel tube, put a handful of beans in the tube, then seal the ends with wax paper and a rubber band.
 - b. Newspaper ball: take a page of newspaper or magazine/catalog (these won't make your fingers black) and crumple it into a ball.
 - c. Paper plate Frisbee: provide some small white paper plates and allow children to decorate/color them.
5. Ask a volunteer to come in and read a story to children, and have the children "act out" the action words in the story. One possible story is in the Healthy Habits for Life book, page 13, entitled, *Move to Hooper's Store*.
6. Make a "Squiggle Walk." Place masking tape on the floor in a squiggle pattern, or a long piece of string or yarn could be used. Ask children to walk beside the squiggle. Ask older children to hop along the squiggle line.
7. Tape a large piece of paper or poster board on a table or wall and have clients write down their favorite activity ideas.
8. Have an activity election: clients vote on their favorite activity ideas.

Concepts: The Healthy Habits for Life – Physical Activity materials are designed for an interactive educational display about physical activity. The main concepts are:

1. A healthy body is an active body. Our bodies were built to move.
2. Even infants can be encouraged to be active. Allowing tummy time, or kicking time, or crawling time will allow an infant to be active.
3. Children's playtime is their "work time." Children learn through playing. Toddlers can be encouraged to be active by allowing unstructured play time. A few simple, colorful toys are enough to encourage play. Most toddlers do not play well with other children, but will "parallel play" next to other children.
4. Children three and over can be encouraged to play with other children close to their own age. They are learning to share and love to "pretend" by doing similar activities to those they see adults doing. Child size tools such as brooms, etc. can be used. Children can also be encouraged to be active by helping with activities at home and outdoors, such as: rinsing dishes, helping make beds, helping rake leaves, etc.
5. Children should be active at least 60 minutes per day. The 60 minutes can be separate instances of activity throughout the day. So, could be 30 minutes twice a day; 20 minutes three times a day; or 10 minutes six times during the day.
6. Children and adults will benefit from family activities. Several ideas for family activities are listed on the posters and in the handouts and materials in the packet. For families with young children, family activities allow the parents to supervise the children, while doing something physically active at the same time.
7. Adults need physical activity to maintain health. Beneficial effects include: improved heart health, improved lung capacity and function, decreased stress and depression, improved mood and ability to sleep, weight loss/maintenance, etc. In order to stick to a physical fitness routine, adults need to find activities that they enjoy. Choices of activities can include: walking, jogging, aerobic classes, dance, team sports, biking, skating, etc. Adults also tend to be more consistent with activity if they have a partner that joins them in the activity.
8. Adults should strive for at least 2 hours and 30 minutes of moderate intensity activity per week; or 1 hour and 15 minutes of vigorous intensity activity each week. A moderate-intensity activity

allows the participant to talk while they do it, but they can't sing. A vigorous-intensity activity allows the participant to say a few words before they must stop to catch their breath.

9. If adults are physically active, their children learn to be physically active by example.

Interactive Component:

The client or caregiver will interact with the WIC staff as specified in the Class Outline and Methods section. One or more interactive activities will be used in this lesson from the Optional Activities above.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the Methods section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of completing the evaluation tool and interacting with the WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

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Lesson Plan Revised By: Pat Dunavan, MS, RD, LD, 2012, 2014

Lesson Plan Approved By:

Date:

Sample Layout of the Display Board—Uses panels
provided by State WIC Office

<p>Build a Healthy Habit Every Day! Get Moving!</p> <p>Walk, jump, run, hop, dance, wiggle</p> <p>Get Your Family Moving!</p> <p>Do Fun Activities Together</p>	<p>Get Moving! Be Active!</p> <p>Creative Activities</p>	<p>Build a Healthy Habit Every Day!</p> <p>Get Moving!</p> <p>Walk, jump, run, hop, dance, wiggle</p> <p>Our Bodies Were Made to Move!</p> <p>Be Physically active every day.</p>
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