

## Lesson Plan & Self-Study Module

### Active Play

#### Topic

- Motivating families to actively play with their children more frequently.

#### Target Audience

- Parents or caregivers of children ages 1-5 years

#### Key Messages

- Children should have 1 hour of active play a day.
- There are many benefits of active play for the family.
- It is recommended to only offer 2 hours or less of screen time for children.

#### Handouts

- “Active Play for Families”
- “Active Play for Families-Library Resources”

#### References / Resources

- Hopson, Krista. U-M study: Too much TV could put extra pounds on your preschooler. University of Michigan Health System. Available at:<http://www.med.umich.edu/opm/newspage/2006/toomuchtv.htm> Accessed on January 24, 2007.
- Kimbrell, Patricia. Children on the Move-Physical Activity for Early Childhood, San Diego University, The SPARK Programs.
- Illinois Department of Human Services, Nutrition Services Section, How Much Television Should My Child Watch, 6/13/2005
- [www.dole5aday.com](http://www.dole5aday.com) (music for session)

#### Evaluation

- “What is one new thing you learned today about being active with your child?”
- “What steps will you take to be more active as a family?”

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### 1) Group Education

#### Lesson Plan

##### **Materials**

- CD or tape player
- Crumbled up colorful paper
- Children's music cassette
- Rolled up socks
- Handouts "Active Play for Families"
- Handout "Active Play for Families-Library Resources"
- Presentation board (optional)

##### **Lesson Plan Overview**

1. Introduction/Welcome
2. Definition of active play
3. Importance of active play
4. Recommendation for active play
5. Benefits of active play
6. Making time for active play
7. Ideas for active play

##### **Methods**

**OPEN:** Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

- A. Good Morning/Afternoon! My name is \_\_\_\_\_. Welcome to today's WIC amazing conversation about active play. Active play is just like it sounds: Moving your body around while playing. Today we will learn the importance of active play, share ideas and play a game together. I hope you're ready to move around because we will all be participating for the next 20-30 minutes. So welcome, "Great Mom's and Dad's" you're in for a treat because we're going to be having a lot of fun.
- B. Ask participants to **introduce themselves**, their child(ren) and share **one reason they think Americans need to become more active**.

##### Sample responses:

- One in 5 Americans children is overweight
- 2/3 of Americans adults are overweight

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- Feel good about self
- Decrease stress

- C. Ask participants **how much time should we spend per day doing active play activities.** (*Pause for 5-7 seconds to wait for a response. Provide affirmations even if responses are incorrect, e.g., “thank you for sharing that”.*)

The WIC program supports the recommendations for children to have at least 30 minutes for adults and 1 hour for children. This can be slit up throughout the day.

- D. Ask participants to **share one key benefit their family will gain from participating in active play.**

Sample responses:

- Reduces the risk of certain disease such as cancer, diabetes, high blood pressure
- Helps maintain weight and is an essential part of any weight loss program.
- Increase muscle mass and help decrease body fat
- Reduce anxiety and stress

(*Select one of the 2 activities below, depending on size of room space and number of participants.*)

**Activity 1 (Recommended if you have a large space): SOCK TOSS**

Have participants make 2 lines facing one another. Give all participants on one line a pair of rolled up socks. Ask participants to step back two steps, then toss the sock to the person standing across from them. The paired participants that do not catch the sock are out and must sit down.

(*Repeat above until you have a winner*)

**Activity 2: Scarf Aerobics (Recommended if you have a small space)**

Let's start our scarf aerobics activity. Ask participants to stand up. Give each participant a scarf. Turn on the music. Have the group complete the following March in place while reaching to the sky. Try to touch their toes. Lift right knee and count to five. Lift left knee and count to five. Bring right knee forward and bend and count to 5. Bring left knee forward and bend and count to 5.

(*Repeat*)

**DIG:** During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

- A. **“What do you think are key things children need in order to be happy and healthy through out life?”**

Sample responses:

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- Love
- Family
- Healthy meal/snack choices

B. “You don’t have to spend much time with you child(ren) to know they are often born with a love of being active. **“Why do you feel some children become less active as they become older?”**”

Sample responses:

- Limited space for active play
- Unsafe neighborhoods for children to play outside
- Elimination of physical activity at schools
- Parents are too busy
- Televisions, computers, and video games occupy children so parents can get work done

*Facilitator Background: Did you know, young children watch up to 28 hours of TV a week? That’s over a full day of TV a week. In fact, 3-year-olds that watch more than 2 hours of TV each day are 3 times more likely to be overweight than kids who watch fewer than 2 hours. Because I know that protecting your child is important to you, a great goal would be to watch less than 2 hours of TV a day.*

**CONNECT:** During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

A. “Since we are all great moms/dads, grandmas/grandpa, aunts/uncles and caregivers, we instinctively know how to love our child/ren and make them feel secure and valued. They trust us! We also know what healthy foods to offer to help grow healthy children.” **But what do you think we can do better as parents and caregivers to help our children develop a love of being active?**”

Sample responses:

- Be active with them.
- Make wonderful memories of being active together so activity is associated with positive memories
- Be a good role model
- Let them know that you crave that great feeling that comes with being active
- Establish family traditions around activity like a nightly walk around the block

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- Take daily walks after dinner where families share values and dreams
- Take children to parks where they can run

B. **How many of us did any of the following with our child(ren):** walked around the mall/neighborhood or shopping center, played in the play land, took a bike ride, danced together, join the neighborhood YMCA or/and community center. *(Allow the participants to share their family active play activities)*

**ACT:** During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

*Offer “Active Play for Families” handout before moving on. Ask participants to keep the handout face down until you ask them to turn it over*

**Develop a “Active Play” plan for the family**

A. “If time permits, we can discuss later, but right now I want you to close your eyes and think about the following questions:”

**“What will your family do this week to be active together?”**

**“If the weather or a busy schedule gets in your way of being active with your child this week, what will you do?”**

**“Imagine leaving here today with the love of being active, how would this new found love make your family life better?”**

*(Have participant open their eyes and turn over and complete the Active Play handout. Explain that this is their goal but feel free to share if they are comfortable, if not, wish them great success!) At this time, pass out the “Active Play for Families-Library Ideas” and explain this handout is to help families recognized that local libraries have different resources to help their families become more active.*

**Evaluation:** *Ask each participant to state one thing they learn from this session or to share activities they know about that were not mention today.*

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**2) Self-Study Module (SSM)**

**Procedures**

Agencies must have a procedure for using SSM, PPM NE 5.2

**Methods**

1. Give the participant the self study module and handout “Active Play for Families.”
2. Ask the participant to review the handout for ideas and complete the self study module and then set a goal on the bottom of the handout of “Active Play for Families.”
3. When the participant has set their goals, ask them what questions they have and if they would like to talk to a CHP about any of the information covered or any other information.

\*\*\*\*\* This SSM is not yet translated. Notification will be sent when the Spanish version is available.

# Active Play for Families

## Family Commitment Sheet

Families that play together stay healthier together: Make active play a family affair! Exercise will help your family members feel good about their self, lower stress levels and give them more energy!

How can I help my family stay active?

- Be a good role model
- Exercise at least 1 hour a day
- Be active 30 minutes a day with your children
- Watch only 2 hours of TV a day
- Drink more water
- Your idea: \_\_\_\_\_

What activities can my family do to stay active?

- Dance to music
- Play games like Tag and Hopscotch
- Take a walk together
- Play at the park
- Fly a kite
- Do cart wheels and jumping jacks
- Walk to the store
- Take the stairs instead of the elevator
- Go to the library and borrow books, CD's, and videos on exercise



MY FAMILY GOAL	I am going to do this:
I will be more active as a role model for my family.	
I will be more active with my children.	

# Active Play for Families


Have your child follow the maze from start to finish. Use the "Active Play for Families" handout and this worksheet to answer questions 1-3. If you do not have space, draw or write your answers on the back of

## Start



1.) How many minutes of exercise should your child/ren spend each day?



2.) Name 1-6 ways you can help your family become active? Draw or write your answers in the boxes and circles..



3.) How many hours of TV should your child/ren watch per day? \_\_\_\_\_



## Finish



# Active Play for Families

## Library Resources

### ACTIVITIES YOU CAN GET AT YOUR LOCAL LIBRARY

#### **BOOKS:**

1. YOGA, ELIZABETH SILAS AND DIANNE GOODNEY, SCHOLASTIC INC., COPY RIGHT 2003 -- LIBRARY REFERENCE NUMBER: J613.7046, SILAS
2. I LOVE YOGA, EDITOR ELIZABETH HESTER, COPY RIGHT 2005, DARLING KINDERPLAY LIMIT--LIBRARY REFERENCE NUMBER: J613.7046, CHRYSSIC
3. I LOVE YOGA, ELLEN SCWARTZ, BEN HODSON, COPY RIGHT 2003, TUNDRA BOOK-- LIBRARY REFERENCE NUMBER: J613.7046 SCHWARTZ

#### **CD'S:**

1. FITNESS FUN FOR KIDS ( EASY RYTHMS FOR FITNESS FUN), GEORGRANE STEWART, COPY RIGHT 1977, LIBRARY REFERENCE NUMBER: ZI EXERCIS FFK K80 0902
2. GET A GOOD START (AEROBIC ACTIVITIES FOR YOUNG CHILDREN). GEORGIA STEWART, COPY RIGHT 1980, KIMBRO EDUCATION, LIBRARY REFERENCE NUMBER: ZI EXERCI, GG S K54 0597
3. SILLY WILLY WORKOUT (A CREATIVE HIGH ENERGY FITNESS) ( AGE 2 TO 10 YEARS), BRENDA COLGATE, M.A., COPY RIGHT 2002, EDUCATIONAL ACTIVITIES, REFERENCE NUMBER: ZI EXER SWW E48 3203
4. CATCH A BRAIN WAVE! FITNESS FUN , BY RONNO AND LIZ JONES-TWOMEY, AGES 4 TO 9, COPY RIGHT 2007, KIMBRO EDUCATION, LIBRARY REFERENCE NUMBER: CHILD CD R
5. YOGA FOR KIDS AN INTRODUCTION TO YOGA, MARY H. MARTIN, COPY RIGHT 1978, 2004, KIMBRO EDUCATION, LIBRARY REFERENCE NUMBER: ZI YOGA YK K72 5618
6. AEROBIC POWER FOR KIDS (AGES 4 TO 10), BY LEE CAMPBELL-TOWELL, COPY RIGHT 1997 KIMBRO EDUCATION, LIBRARY REFERENCE: CHILD CDC

#### **DVD:**

1. FISHER PRICE, BABY MOVES, 3 MONTHS + UP, 2004, [www.fisherprice.com](http://www.fisherprice.com), LIBRARY REFERENCE NUMBER, J372.21 FISHER-P