

TXIN Class Topic - CCNE Title

Client-centered nutrition education (CCNE) uses methods like group discussions and activities to engage clients and facilitate learning. Use this template when planning your CCNE to be either in person or virtual.

Developed by: Texas WIC state office **Date Developed:** 11/12/2020
Local Agency Name and Number *Month/Year*

Written and Approved by: Texas WIC state office
Authors' names, including the Registered Dietitian who approved it.

Planning and Preparation	
CCNE Title	Zobey: Locomotion Lab Activity
Description Provide a brief description that can be used for promoting it to clients.	This fun session encourages children to engage in active play through dancing! Instructors, along with Zobey and friends, lead the audience through songs and dances in the Zobey: Locomotion Lab video. Join us as we go on an adventure to help fix the lab!
Objectives List what clients should expect to gain from this class.	<p>During the class, clients will:</p> <ul style="list-style-type: none"> • Participate in active play through dancing. • Learn that dancing is a fun way to be active. • Learn that colorful foods are healthy and good for our bodies.
Target Audience(s) Who is this class designed for?	Children and caregivers.
Format Indicate how you plan to deliver this class.	<input type="checkbox"/> In person <input type="checkbox"/> Virtual - Live <input type="checkbox"/> Virtual - Pre-recorded <input checked="" type="checkbox"/> Both (Class can be delivered in person or virtually)
Promotion and Registration Indicate how clients will learn about and join the class.	<p>This class will be promoted in the following ways:</p> <input type="checkbox"/> Verbally, such as during counseling <input type="checkbox"/> Promotional push cards, flyers, etc. <input type="checkbox"/> Text <input type="checkbox"/> Email <input type="checkbox"/> Social Media (give examples in the spaces below) <input type="text"/> <input type="checkbox"/> Website <input type="text"/> <input checked="" type="checkbox"/> Other <input type="text"/> Local agencies may promote the class however is appropriate for their clients.

TXIN Class Topic - CCNE Title

	<p>Select one:</p> <p><input type="checkbox"/> This class <i>will</i> require registration.</p> <p><input type="checkbox"/> This class <i>will not</i> require registration.</p> <p>Describe how clients will register for the class, including links to website or social media. Local agencies may decide how to register clients for the class.</p>	
<p>Virtual Platform and Client Engagement</p> <p>If planning a virtual class, indicate which platform and features you will use to engage clients.</p>	<p>Which platform will you use to deliver your virtual class? (Check one.)</p> <p><input type="checkbox"/> Facebook Live</p> <p><input type="checkbox"/> Zoom</p> <p><input type="checkbox"/> WebEx</p> <p><input type="checkbox"/> GoToMeetings</p> <p><input type="checkbox"/> Skype</p> <p><input type="checkbox"/> Google Meet</p> <p><input type="checkbox"/> Microsoft Teams</p> <p><input type="checkbox"/> Other</p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Local agencies may decide to do the class in person or via a virtual platform of their choice.</p> </div>	<p>Which engagement features will you use during your class? (Check all that apply.)</p> <p><input type="checkbox"/> Group chat</p> <p><input type="checkbox"/> Private chat or questions</p> <p><input type="checkbox"/> Poll questions</p> <p><input type="checkbox"/> Other response feedback (i.e. thumbs up, emoji, raised hand)</p> <p><input type="checkbox"/> File or screen sharing</p> <p><input type="checkbox"/> One-way audio with clients (they can hear you, but you cannot hear them)</p> <p><input type="checkbox"/> One-way video with clients (they can only see you, but you cannot see them)</p> <p><input type="checkbox"/> Two-way audio with clients (they can hear you and you can hear them)</p> <p><input type="checkbox"/> Two-way video with clients (they can see you and you can see them)</p> <p><input type="checkbox"/> Other</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>
<p>Follow-up</p> <p>Indicate your plans for offering follow-up information or resources to clients after the class is completed.</p> <p>This could be a good place to offer additional classes, gather feedback about the class and provide a certificate of completion.</p>	<p>How will you follow-up with clients after the class? (Check all that apply.)</p> <p><input type="checkbox"/> Email</p> <p><input type="checkbox"/> Text</p> <p><input type="checkbox"/> Phone call</p> <p><input type="checkbox"/> Other</p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Local agencies may decide what works best.</p> </div> <p>What information or resources do you plan to share with clients when you follow-up after the class?</p> <ul style="list-style-type: none"> • TexasWIC.org/kids • Healthy Texas Kids YouTube channel • WIC books, puzzles, DVDs, or other kids' NE reinforcement items 	
<p>Staff</p> <p>Describe the role of each staff, including whether they are presenting in person, on screen or conducting</p>	<p>In person: At least one staff member will lead the group class. Staff will play the Zobey: Locomotion Lab video (on YouTube or via DVD) and dance along to the video, while encouraging kids and parents to dance too. Staff will lead parents and children in short discussion after the video.</p> <p>Virtual:</p>	

TXIN Class Topic - CCNE Title

<p>technical tasks or other roles.</p>	<ul style="list-style-type: none"> • Host/Moderator: This staff member will be off-screen, controlling the technical side of this class – making sure that the Zobey video is working properly, and answering any questions that come up in the chat box. • Activity leader: This staff member will be on-screen leading the class in dance moves, calling out lines, and encouraging clients at home.
<p>Location and Set Up</p> <p>Describe the location of your class. What kind of set up is needed?</p>	<p>Review the video and practice your dances for each song before the class. Invite other staff to join you! Get the video and speakers on and cued up to the correct spot before class begins.</p> <p>In person: Large enough space for group to dance and jump. Create an environment that is kid-friendly. Have some toys or a play mat in a corner for younger siblings. Play some music from the video softly as families arrive to set a fun mood!</p> <p>Virtual: The activity leader will need a space large enough to dance and jump, while still remaining on camera.</p>
<p>Materials and Resources</p> <p>List what you will need for your class (i.e. laptops, projector, flip chart, props, food, audiovisuals, handouts, etc.)</p>	<p>In person:</p> <ul style="list-style-type: none"> • TV and DVD player, or TV with internet connection • Zobey: Searching for a Rainbow DVD (or YouTube version) • Zobey NE reinforcement items (if available) <p>Virtual: A higher quality camera may be needed if movement makes the leader show up blurry on screen.</p>
<p>Notes/Script</p>	
<p>Opening and Introduction</p> <p>Introduce facilitators or guests and the topic.</p> <p>Encourage clients to share their demographic information.</p> <p>Review any relevant technical details and ground rules with clients.</p>	<p>Welcome to Zobey’s Locomotion Lab Adventure! My name is _____ . (optional- What’s your name?)</p> <p>Today we’re going on an adventure with Zobey to the Locomotion Lab where they make music and movement! But we must help our friends – because the lab is not working right! We’re all going to move and dance along with Zobey and his friends to help fix the lab!</p> <p>After our adventure today, I’ll show you where to find the video online, so you can watch them again at home! All Zobey videos are on our website and YouTube channel.</p> <p>If DVD videos available: Also, after our activity, you’ll each get a video to take home with you!</p>

TXIN Class Topic - CCNE Title

	<p>To the parents: Thank you for bringing your children today. I have a feeling that we have some good dancers in this group! It doesn't matter whether you are an expert or a beginner— dancing is a great way to spend time together, and to get the physical activity your family needs every day. Dancing helps build strong muscles and coordination, and it's something fun the family can do at home, rain or shine.</p> <p>Now let's get started!</p>
<p>Icebreaker</p> <p>Anchor the class topic to the clients' lives. Use a visual, do an activity or ask a question to engage with clients.</p> <p>The icebreaker should go beyond where clients are from (location) and their basic demographics.</p>	<p>Ask one or more of these questions as an icebreaker (or use your own):</p> <ul style="list-style-type: none"> • Do you know what an adventure is? What adventure have you been on? (prompts – going to the park, going on vacation, going to a lake, going on a walk, trying something new, etc.) • When was the last time you helped someone? • What are some activities you like to do that get your heart pumping? • What's your favorite song to dance to? • What's your favorite fruit or veggie to eat?
<p>Activities and Discussion</p> <p>Make sure to include activities and open-ended questions throughout the class to engage clients.</p> <p>Keep in mind that activities and conversations should enable clients to meet all of the learning objectives.</p>	<p>Start Video – Zobey Locomotion Lab</p> <ol style="list-style-type: none"> 1. Ask participants, "Are you ready to go along with Zobey to the Locomotion Lab? We are going to go with Zobey and help him fix the lab – and we'll meet some other fun friends along the way!" Ask the class to join in and dance. 2. Start Video. Participate and call out the lines as the characters in the video do. 3. When the Wigglelator song begins (1:13) have the kids and parents get up and wiggle their bodies and dance to the song. 4. Keep on playing the video and dance through the Break it Down dance (3:30). Have the kids and parents get up and do the moves with the video. Call out some of the lines along with the characters. You can keep on playing through the video to do all of the dances, or skip to the Color Code Combo song. 5. Play through the Color Code Combo dance (9:00). This is the dance that unlocks the heart of the lab! This is the last thing that needs to be fixed so the lab can make songs again!

6. Next up, play through the Heart Beat dance (12:55). We all finally helped bring the lab back to life! By getting our hearts pumping we got the lab's heart pumping again!
7. Play through and dance to the last song (Finale Song), which emphasizes the nutrition and physical activity messages (15:20).
8. Praise everyone for moving their bodies and helping Zobey find a colorful rainbow!

After the video, invite everyone to sit down. Remind everyone how important it is to keep being active, and ask a few open ended questions such as (or think of your own):

- Everyone did such a good job moving today. Did you know that dancing and moving are good for your body? Put your hand over your heart – it may be beating a little faster after moving so much. That's your heart saying "thank you!". How do you feel now after dancing? Doing activities that get your heart beating fast - like dancing, playing, walking, and running - make you healthy and strong! Keep doing these as much as you can every day!
- What was your favorite dance?
- Can you remember what we did to help get the lab's heart pumping again? That's right – we had to get our hearts pumping! What other things do you like to do to get your heart pumping?
- (optional) Reference recipes on [TexasWIC.org/kids](https://www.texaswic.org/kids).
- Eating fruits and veggies every day is also good for your heart and keeps your body working right! What is your favorite fruit or veggie?

TXIN Class Topic - CCNE Title

<p>Closing and Evaluation</p> <p>Review key points and tie in the icebreaker activity.</p> <p>Invite clients to share how they will use what they learned in the future.</p> <p>Let clients know you will follow-up with them via email, text or other method.</p> <p>Thank everyone for attending and participating.</p> <p>Cover any additional resources or reminders, before ending the class.</p>	<ol style="list-style-type: none">1. What did you like most about the video?2. What other ways will you be active as a family this week?3. Give each child a Zobey Locomotion Lab DVD, if available. Also show/tell clients where to find Zobey videos, recipes, and more on TexasWIC.org Kids' section (TexasWIC.org/kids). Parents can also search for Zobey videos on the Texas WIC YouTube channel, Healthy Texas Kids.4. Give each child a Zobey NE reinforcement item, if available.5. Thank you for coming today and going on an adventure with Zobey to help him fix the Locomotion Lab!
<p>Supplemental Information</p> <p>Describe attachments and other needed information.</p>	