

Zobey Superhero Adventure Group Class

CH – Zobey: Superhero Training Camp

Item	Zobey Superhero Training Camp Activity
Objectives	<ul style="list-style-type: none"> • Children and parents engage in active play (dancing) together. • Participants discover various ways to be active as a family. • Participants gain social support for an active lifestyle through group activity.
Key Content Points	<ul style="list-style-type: none"> • Dancing and moving are fun and good for your body. • Everyone has their own strength. • Bodies need fuel to move and be strong. • Eating the colors of the rainbow means you are eating healthy foods and fueling your body.
Materials and Resources	<ul style="list-style-type: none"> • TV and DVD player or TV with internet connection • Zobey Superhero Adventure DVD (or online version) • Zobey Superhero Comic Book (optional) • Zobey Superhero Adventure Self-Paced lesson for participants to take home and complete for another potential class credit
Class Preparation	<ul style="list-style-type: none"> • WIC clinics come in various shapes and sizes. Adapt your set-up to fit your needs. Get creative with your space. Make open floor space in the room; move tables and chairs to the side if needed. • Review the video and practice your dances for each song before the class begins. Invite other staff to join you! • Create an environment that is kid-friendly. Have some toys or a play mat in a corner for younger siblings. • Get the DVD player and speakers on and cued up to the correct spot. • Play some music from the video softly as families arrive to set a fun mood!
Introduction	<p>Welcome to Zobey Superhero Adventure! My name is _____. (optional – What’s your name?)</p> <p>Today we’re going on an adventure with Zobey to Superhero Camp! We’re all going to move and dance along with Zobey and friends while they are on an adventure. We’re also going to learn what it takes to be Superheroes!</p> <p>If DVD videos available: After the class, you’ll each get a video to take home with you!</p>

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	<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>Ask one or more of these question as an icebreaker (or use your own):</p> <ul style="list-style-type: none"> • What does it mean to be a Superhero? • Who is your favorite Superhero? What do you like about them? • Have you ever seen a rainbow? What are the colors? Can you think of a food that is one of the colors of the rainbow? • What's your favorite song to dance to?
<p>Activities</p>	<p>Start Video - Zobey Superhero Adventure</p> <ol style="list-style-type: none"> 1. Ask participants, "Are you ready to join Zobey and friends on a Superhero Adventure?" Ask the class to join in and dance. 2. Start Video. Participate and call out the lines as the characters in the videos do. 3. When the Wigglelator song begins (2:00 or 2:23), have the kids get up and wiggle their bodies and dance to the song. 4. When the Superpower song comes on (5:40), have the kids get up and do the moves with the video. Call out some of the lines along with the characters, such as "Everybody's got a power! Whoosh! Blast! Pow!" Encourage the class to join in. 5. Stop the video after Kenah says "You look super too!" (9:15)
<p>Discussion</p>	<p>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):</p> <ul style="list-style-type: none"> • 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!". 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!

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	<ul style="list-style-type: none"> • What do you think <i>your</i> superpower is? • Do you remember what three things it takes to be a Superhero? (strong, fueled up, helpers) • What was your favorite superpower move from the video? • What are the colors of the rainbow? Can you think of foods that are one of the colors of the rainbow? Eating foods, the colors of the rainbow is a great way to fuel up and stay healthy and strong! • How can you “fuel up?” What foods can you eat as healthy fuel for your body? • When you go home and watch the rest of the video, Zobey and his friends are going to do some more fun moves! Watch and listen to what Zobey does next! • (optional) Discuss the recipes that are in the back of the comic book. • (optional) Reference recipes on Texas WIC.org.
<p>Wrap-up and Evaluation</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 Superhero Adventure DVD, if available. Also show/tell clients where to find Zobey videos, recipes, and more on TexasWIC.org Kids’ section (TexasWIC.org/kids). 4. Give each parent/caregiver the Zobey Superhero Self-Paced Lesson. Be sure they know that if they watch the rest of the video at home and complete the self-paced lesson, they can bring proof to their next appointment for class credit. Tell them that they can also complete an online Zobey Superhero Adventure class for class credit instead. 5. Give each child a Zobey Superhero Training Camp Comic Book, if available.

Thank you for coming today and learning how to be a Superhero with Zobey!