



CH-000-25

## A Divertimos Juntos: Bailemos Juntos

.....

This is a client-centered nutrition education class that is family focused and intended to engage children and adults in fun activities and discussion. It is one of four Real Fun Together classes offering child-friendly activities focused on nutrition and physical activity for parents and young children to do together. Activities will help parents make memories and nurture the bond with their children.

**Part 1: Planning the Nutrition Education Session** – The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

**Part 2: Session Outline** – The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

**Part 3: Take-Home Sheet** – The third section is a take-home activity sheet that the nutrition educator can print and hand out to families at the end of the session.

**Part 4: Promotional Flyer** – The fourth section is a customizable flyer that the nutrition educator can print and display to promote the class. Changes may be made directly in the electronic file before it is printed.

.....

### Snapshot of Group Session:

**Lesson Title:** Bailemos Juntos

**Developed and Approved by:** Texas State WIC Office

**Date Developed:** August 2017

**NE Code:** CH-000-25



**Class Description:** Kids love to dance! And so do moms and dads! This class engages parents and children to dance together to child-friendly songs. Be creative! The instructor should demonstrate fun dance moves that work well with each song and encourage families to follow along. The instructor can use the dance moves suggested here or make up new ones. There are multiple playlist options with songs that relate to each theme. Closing discussion encourages clients to share their ideas about how to be active with their kids.

**Target Audience:** Parents/caregivers and their children (target 2-5 years).

**Type of Learning Activities:** Dance, active play/participation, discussion, handout.



**Class Promotion:** Want parents to sign up? Invite them to join the fun! Here are a few tips:

- Promote as an activity to share with their children, rather than as a class or lesson.
- Invite your WIC staff team to dance to the songs as a test run. They'll have fun and share their enthusiasm with clients.
- Describe the fun activities they'll do with their kids to give parents something to look forward to.
- Print and post in your clinic the promotional flyer attached to this lesson.
- Print a separate flyer to display at your desk.
- Share the flyer with parents during one-on-one client visits.
- Send a text reminder to clients the day before class.
- Post the date and time of the class on your clinic's Facebook page (if available.)
- Encourage parents participating in the class to take "selfies" with their kids and tag your clinic's Facebook page (if available) to motivate others to attend.
- Take pictures of parents and kids enjoying the class together. Print a photo and post on your clinic bulletin board and post it on your clinic's Facebook page (if available).
- Encourage several parents with children the same ages to sign up together. Let them know it will be a fun and hands-on experience.

**Part 1:** Planning the Nutrition Education Session

**Lesson:** CH-000-25, A Divertirnos Juntos: Bailemos Juntos

Item	Notes for Planning the Session
<p>Learning Objective(s) - What will the clients gain from the class?</p>	<p>By the end of the session, families will:</p> <ol style="list-style-type: none"> <li>1. Move in new ways by dancing together along with fun songs.</li> <li>2. Learn the value of drinking water to stay hydrated, especially during high-energy activities.</li> <li>3. Feel inspired to be more active as a family.</li> <li>4. Gain support for healthy habits.</li> </ol>
<p>Key Content Points - What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</p>	<ol style="list-style-type: none"> <li>1. Being active as a family helps create healthy habits to last a lifetime.</li> <li>2. Dance parties are a fun way to have fun and bond as a family, rain or shine.</li> <li>3. Physical activity will help kids grow up healthy and strong. It's good for their bodies and minds, and it helps them sleep better.</li> </ol>

Item	Notes for Planning the Session
<p>Materials – List what you will need for the session (i.e., visual aids, handouts, supplies.) Attach supplemental materials.</p>	<p>Materials needed:</p> <ul style="list-style-type: none"> <li>• Playlist (choose 2 to 6 songs from the options below).</li> <li>• Smartphone, laptop, other mobile device, or CD player.</li> <li>• Portable speakers or bowl for amplification.</li> <li>• Internet connection (if not providing your own CD or playlist).</li> </ul> <p>Take-home materials:</p> <ul style="list-style-type: none"> <li>• Playlists for you to use at home, along with ideas for new dance moves.</li> </ul>
<p>Resources – Review current WIC resources or other reliable resources such as WIC Works.</p>	<p>Fun supplemental ideas:</p> <ul style="list-style-type: none"> <li>• More dance moves: <ul style="list-style-type: none"> <li>• <a href="http://pbskids.org/arthur/print/grooveit/howto.html">http://pbskids.org/arthur/print/grooveit/howto.html</a></li> <li>• <a href="http://takelessons.com/blog/silly-dance-moves-for-kids">http://takelessons.com/blog/silly-dance-moves-for-kids</a></li> </ul> </li> <li>• Children’s books about dance: <ul style="list-style-type: none"> <li>• <a href="http://mamaknowsitall.com/2014/04/books-about-dance-for-little-kids.html">http://mamaknowsitall.com/2014/04/books-about-dance-for-little-kids.html</a></li> </ul> </li> <li>• Dance crafts and coloring pages: <ul style="list-style-type: none"> <li>• <a href="http://www.hellowonderful.co/post/MAGNETIC-DANCING-DOILY-PEG-DOLLS#_a5y_p=4905484">http://www.hellowonderful.co/post/MAGNETIC-DANCING-DOILY-PEG-DOLLS#_a5y_p=4905484</a></li> <li>• <a href="http://www.hellokids.com/r_1815/coloring-pages/sport-coloring-pages/dance-coloring-pages">http://www.hellokids.com/r_1815/coloring-pages/sport-coloring-pages/dance-coloring-pages</a></li> </ul> </li> </ul> <p>Other informational resources:</p> <ul style="list-style-type: none"> <li>• National Association for the Education of Young Children, NAEYC <ul style="list-style-type: none"> <li>• <a href="http://www.naeyc.org/">http://www.naeyc.org/</a></li> </ul> </li> <li>• American Academy of Pediatrics <ul style="list-style-type: none"> <li>• <a href="https://www.aap.org">https://www.aap.org</a></li> </ul> </li> </ul>

Item	Notes for Planning the Session
<p>Class Flow and Room Set-Up - Consider the flow of the session and room set-up. Options for delivery of class elements are here. Note any extra preparation.</p>	<p>WIC clinics come in various shapes and sizes. Set-up may be adapted to your location to fit your needs. Get creative with your space. You can also explore using an outdoor area near your clinic or a co-located space.</p> <p>Set-up:</p> <ul style="list-style-type: none"> <li>• Choose 2 to 6 songs to play from the options below.</li> <li>• Practice your dance moves for each song before the class begins. Invite other staff to join you!</li> <li>• Create open floor space in the room; move tables and chairs to the side if needed.</li> <li>• Create an environment that is kid-friendly. Have some toys or a play mat in a corner for younger siblings.</li> <li>• Put X's marked with colored tape in the center of the space to mark spots for children and parents to sit at the beginning of the session.</li> <li>• Get the device and speakers ready to play music.</li> <li>• Play music softly as families arrive to set a fun mood!</li> </ul> <p>Playlist options are below. There may be ads between songs on these playlists. Please be prepared to skip over them during the transition period between each song. Ads are not in any way endorsed by Texas HHS or the WIC program.</p> <ul style="list-style-type: none"> <li>• Movie Magic: Twirl, jump, and shimmy to theme songs from popular children's movies. Use the words and instruments in the songs to help inspire your moves, or copy dances or motions that characters did in the movies. <ul style="list-style-type: none"> <li>• <a href="https://goo.gl/ak4ATR">https://goo.gl/ak4ATR</a></li> </ul> </li> <li>• Animals/Dinosaurs: Try out your dino-moves to kid-friendly songs while pretending to be an animal or dinosaur. Make up moves like the alligator chomp with your arms and the T-Rex shuffle (arms held up against your body while you move your feet back and forth). <ul style="list-style-type: none"> <li>• <a href="https://goo.gl/sdxwGa">https://goo.gl/sdxwGa</a></li> </ul> </li> <li>• Sesame Street Songs: Shake, rattle, and roll to popular songs from Sesame Street. Dance how you think the characters would move. Use your arm to be a trunk for Snuffaluffagus. Make yourself tall and flap your feathers like Big Bird. <ul style="list-style-type: none"> <li>• <a href="https://goo.gl/SJN7mV">https://goo.gl/SJN7mV</a></li> </ul> </li> <li>• Build-Your-Own: Bring song selections on your mobile device, laptop, or a CD that you think families would have fun dancing to.</li> <li>• Parent's Choice: Ask parents to play songs they like to dance to with their child using their smartphone or other mobile device. Magnify the sound by hooking the device up to speakers. You can also place the phones sideways in a bowl for amplification.</li> </ul>

Item	Notes for Planning the Session
	<p>Optional:</p> <ul style="list-style-type: none"> <li>Let children dance and get the wiggles out while parents take a break on the side. Set out some snacks and water for adults. One WIC educator can lead discussion with the parents, while another keeps the dance party going. This helps amazing parents share their tips with one another.</li> </ul>

**Part 2:** Session Outline

**Lesson:** CH-000-25, A Divertirnos Juntos: Bailemos Juntos

Item	Notes for Leading the Session
<p>Introduction: Invite participants to sit in the center of the room.</p> <p>Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing the agenda, exploring ground rules, making announcements, etc.</p>	<p>¡Hola, me llamo _____! ¡Gracias por venir a nuestra fiesta de baile!</p> <ul style="list-style-type: none"> <li>Hoy vamos a bailar al ritmo de canciones divertidas, así que espero que hayan practicado sus mejores pasos.</li> <li>Niños, ustedes serán los encargados de animar a bailar a sus padres en esta clase, y de recordarles que bailen con ustedes en casa.</li> </ul> <p>To the parents: Muchas gracias por traer a sus hijos hoy. ¡Ya veo que tenemos varios buenos bailarines en este grupo! No importa si tienen experiencia bailando o no. Bailar es una excelente manera de hacer algo juntos y de hacer el ejercicio que las familias necesitan todos los días. Bailar ayuda a fortalecer los músculos y mejorar la coordinación, y es algo divertido que la familia puede hacer en casa, llueva o relampaguee.</p> <p>Y ahora, ¡vamos a bailar!</p>
<p>Icebreaker: Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; this can be done as a group or with partners.</p>	<p>Ask parents and children:</p> <ul style="list-style-type: none"> <li>¿Cómo te llamas? ¿Cuál es tu canción favorita para bailar? ¿Nos quieres enseñar cuál es tu paso de baile favorito?</li> </ul>

Item	Notes for Leading the Session
<p>Activities:</p> <p>For each learning activity, list instructions and include 3-5 discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>Activity: Bailemos Juntos</p> <ul style="list-style-type: none"> <li>• Select 2 to 6 songs from the chosen playlist and have children and parents dance along with you to the music.</li> <li>• Demonstrate some fun dance moves before each song. You can use the dance ideas in this lesson or make up your own. Be sure to give everyone time in each song to dance freestyle, too! <ul style="list-style-type: none"> <li>• Esta canción se llama &lt; song name &gt;.</li> <li>• Vamos a practicar unos pasitos que me gusta hacer con esta canción.</li> <li>• ¿Listos para bailar?</li> <li>• Muy bien, ¡ahora cada quien muévase como quiera!</li> </ul> </li> <li>• Make it extra fun by playing “freeze dance.” Turn off the song in the middle and have the dancers freeze in place until the music starts again. <ul style="list-style-type: none"> <li>• ¡Cuando apague la música, todo mundo tiene que convertirse en una estatua y NO MOVERSE PARA NADA hasta que vuelvan a oír la música!</li> </ul> </li> <li>• Between each song, ask a discussion question, encourage everyone to hydrate, and skip over any ads that may appear if streaming online.</li> </ul> <p>Discussion Questions – Encourage group discussion before starting and between songs.</p> <ul style="list-style-type: none"> <li>• ¿Qué recuerdos tienen de bailar cuando eran niños? ¿Cuáles eran sus canciones favoritas en esos años?</li> <li>• ¿Qué sienten al bailar con sus hijos ahora?</li> <li>• Dedicar un tiempo a bailar con sus hijos y jugar juntos es excelente para demostrarles que los ama. ¿Qué otras cosas hacen para ejercitarse y jugar juntos?</li> <li>• Bailar ayuda a sus hijos a crecer fuertes y sanos, e incluso les ayuda a dormir mejor. ¿Qué piensan ahora que saben que una fiesta de baile puede ayudar a sus hijos a estar sanos y fuertes?</li> </ul> <p>Instructor tips:</p> <ul style="list-style-type: none"> <li>• End some of the longer songs at around the 2:50 mark or after the second chorus to allow time for discussion.</li> </ul> <p>Keep parents and kids going with positive comments like, “¡Pero qué buenos bailarines son!” and, “¡Vean cómo se mueven esos pies!”</p>

Item	Notes for Leading the Session
<p>Closing/Reflection:</p> <p>How will you use this in the future? List/share resources for clients.</p>	<p>Closing question:</p> <ul style="list-style-type: none"> <li>• Veo que todos se han divertido mucho con sus hijos, y que a los niños les ha encantado verlos moverse. Les están dando un maravilloso regalo al pasar tiempo con ellos y mostrarles la importancia de hacer ejercicio, así que BIEN HECHO, todo mundo.</li> <li>• Hablemos de la próxima semana en casa. ¿Cómo pueden asegurarse de tener tiempo para una fiesta de baile en familia? ¿Qué canciones van a tocar?</li> </ul> <p>Distribute takeaway handouts for parents to use at home.</p>

**Part 3:** Take-Home Sheet

**Part 4:** Promotional Flyer

