



CH-000-25

Real Fun Together: Dance Together

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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.

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Snapshot of Group Session:

Lesson Title: Dance Together

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, Real Fun Together: Dance Together

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"> 1. Move in new ways by dancing together along with fun songs. 2. Learn the value of drinking water to stay hydrated, especially during high-energy activities. 3. Feel inspired to be more active as a family. 4. Gain support for healthy habits.
<p>Key Content Points - What key information do the learners need to know to achieve the learning objective(s)? Aim for 3 main points.</p>	<ol style="list-style-type: none"> 1. Being active as a family helps create healthy habits to last a lifetime. 2. Dance parties are a fun way to have fun and bond as a family, rain or shine. 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.

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"> • Playlist (choose 2 to 6 songs from the options below). • Smartphone, laptop, other mobile device, or CD player. • Portable speakers or bowl for amplification. • Internet connection (if not providing your own CD or playlist). <p>Take-home materials:</p> <ul style="list-style-type: none"> • Playlists for you to use at home, along with ideas for new dance moves.
<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"> • More dance moves: <ul style="list-style-type: none"> • http://pbskids.org/arthur/print/grooveit/howto.html • http://takelessons.com/blog/silly-dance-moves-for-kids • Children’s books about dance: <ul style="list-style-type: none"> • http://mamaknowsitall.com/2014/04/books-about-dance-for-little-kids.html • Dance crafts and coloring pages: <ul style="list-style-type: none"> • http://www.hellowonderful.co/post/MAGNETIC-DANCING-DOILY-PEG-DOLLS#_a5y_p=4905484 • http://www.hellokids.com/r_1815/coloring-pages/sport-coloring-pages/dance-coloring-pages <p>Other informational resources:</p> <ul style="list-style-type: none"> • National Association for the Education of Young Children, NAEYC <ul style="list-style-type: none"> • http://www.naeyc.org/ • American Academy of Pediatrics <ul style="list-style-type: none"> • https://www.aap.org

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"> • Choose 2 to 6 songs to play from the options below. • Practice your dance moves for each song before the class begins. Invite other staff to join you! • Create open floor space in the room; move tables and chairs to the side if needed. • Create an environment that is kid-friendly. Have some toys or a play mat in a corner for younger siblings. • 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. • Get the device and speakers ready to play music. • Play music softly as families arrive to set a fun mood! <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"> • 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"> • https://goo.gl/ak4ATR • 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"> • https://goo.gl/sdxwGa • 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"> • https://goo.gl/SJN7mV • Build-Your-Own: Bring song selections on your mobile device, laptop, or a CD that you think families would have fun dancing to. • 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.

Item	Notes for Planning the Session
	<p>Optional:</p> <ul style="list-style-type: none"> 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.

Part 2: Session Outline

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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>Hi, my name is ____! Thanks for coming to our dance party today!</p> <ul style="list-style-type: none"> Today we are going to dance to some fun songs, so I hope you brought your best moves. Kids, it's your job to get your parents moving with you today during the class, and to remind them to dance with you at home. <p>To the parents: Thank you for bringing your children today. I can tell 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 get the physical activity your family needs every day. It helps to build strong muscles and coordination, and it's something fun the family can do at home, rain or shine.</p> <p>Now let's dance!</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"> What's your name? What's your favorite song to dance to? Want to teach us your favorite dance move?

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: Dance Together</p> <ul style="list-style-type: none"> • Select 2 to 6 songs from the chosen playlist and have children and parents dance along with you to the music. • 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"> • This song is < song name >! • Let's practice a few dance moves I like to do for this song. • Ready to dance?!? • OK, now freestyle! • 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"> • When I turn the music off, everyone has to FREEZE in place until the music starts again! • Between each song, ask a discussion question, encourage everyone to hydrate, and skip over any ads that may appear if streaming online. <p>Discussion Questions - Encourage group discussion before starting and between songs.</p> <ul style="list-style-type: none"> • What memories do you have of dancing as a kid? What were your favorite songs back then? • How does dancing with your children make you feel now? • Spending time dancing and being silly with your children is a great way to show them you love them. What are other ways you move and play together? • Dancing can help your kids grow healthy and strong, and even helps them sleep better. How do you feel, knowing that you can help keep your kids healthy and strong by having a dance party? <p>Instructor tips:</p> <ul style="list-style-type: none"> • End some of the longer songs at around the 2:50 mark or after the second chorus to allow time for discussion. <p>Keep parents and kids going with positive comments like, "You're a good dancer!" and, "Look at those feet moving!"</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"> • I could tell you all were having so much fun dancing with your kids, and your kids loved seeing you all move. You're giving them a wonderful gift by spending time together and showing them how important it is to be active, so GREAT JOB, everyone. • Let's talk about next week at home—how can you make sure you have time for a family dance party? What songs are you going to play? <p>Distribute takeaway handouts for parents to use at home.</p>

Part 3: Take-Home Sheet

Part 4: Promotional Flyer

