



CH-000-26

A Divertimos Juntos: Juguemos Juntos

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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: Juguemos Juntos

Developed and Approved by: Texas State WIC Office

Date Developed: August 2017

NE Code: CH-000-26

Class Description: This fun, fast-paced class engages parents and children, giving them obstacle course activities and games to play together. The instructor demonstrates each activity and takes part in games to encourage client participation. Class may be indoors or outdoors and includes activities such as hopscotch, balance beam, box crawl, limbo, and beanie toss. Each activity is a station, and there are “no prop” versions for each one. Parent/child teams rotate to each station during the session. Informal discussions throughout the activities encourage parents 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: 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 try out the activities 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 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-000-26, A Divertirnos Juntos: Juguemos Juntos

Item	Notes for Planning the Session
Learning Objective(s) - What will the clients gain from the class?	By the end of the session, families will: <ol style="list-style-type: none"> 1. Play together in new ways by trying at least 2 physical activities. 2. Engage in fun exercise and meet new friends. 3. Feel motivated to do fun family activities at home.
Key Content Points - What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.	<ol style="list-style-type: none"> 1. Trying new games and activities is a great way to teach teamwork and life skills and to have fun together as a family. 2. Spending quality time indoors or outdoors with your child is a powerful way to show you love them. 3. Physical activity helps 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>Choose up to 3 activities.</p> <p>Materials needed:</p> <p>Activity 1: Walk the Plank</p> <ul style="list-style-type: none"> • Colored tape, heavy twine, or 1 or 2 yardsticks. <p>Activity 2: Tunnel Crawl</p> <ul style="list-style-type: none"> • Large cardboard box or boxes. <p>Activity 3: Hopscotch</p> <ul style="list-style-type: none"> • Colored tape or chalk. <p>Activity 4: Beanie Toss</p> <ul style="list-style-type: none"> • Soft stuffed animals or bean bags, or baggies filled with dried beans (secured with packing tape). • Bucket or box. <p>Activity 5: Limbo</p> <ul style="list-style-type: none"> • Crepe paper. • Yardstick or broomstick. <p>Optional materials:</p> <ul style="list-style-type: none"> • Feather boa or Styrofoam pool noodle for walking the plank. • Markers for decorating tunnel boxes. • Whistle to announce time to change stations. • Music to play during the activities. • Stickers for children as “prizes” for participating in the games. <p>Take-home materials:</p> <ul style="list-style-type: none"> • Handout showing how to make a hopscotch course at home.

Item	Notes for Planning the Session
<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"> • Fun games you can play at home: <ul style="list-style-type: none"> • http://www.familyfuntwincities.com/fun-indoor-games-for-kids-of-all-ages-categorized/ • https://www.todaysparent.com/toddler/20-fun-indoor-games/ • https://www.wired.com/2009/08/simpleoutdoorplay/ • http://www.sheknows.com/health-and-wellness/articles/827893/8-fun-outdoor-games-for-kids • Maze and iSpy coloring pages for kids: <ul style="list-style-type: none"> • http://activities.raisingourkids.com/printable-mazes/ • http://www.u-createcrafts.com/i-spy-games/ • 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
<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>Choose up to 3 activities.</p> <p>Since each class space and class size will be different, the number and type of activities should be chosen by the instructor based on what works best and what materials are available. Choose from the activities listed or make up your own. The point is to get families moving and to have fun!</p> <p>Set-up:</p> <ul style="list-style-type: none"> • Indoors – Space for class participants to move around. Move tables and chairs to the side if needed. • Outdoors – Choose a flat area with grass or other soft surface.

Item	Notes for Planning the Session
	<ul style="list-style-type: none"> • Set out blankets or use X's marked with colored tape in the center of the space for children and parents to sit at the beginning of the session. • Place activity stations around the outer area of the space. • Each activity has a “no-prop version” where no materials are needed. <p>Activity 1: Walk the Plank</p> <ul style="list-style-type: none"> • Mark a straight line with colored tape, or use a feather boa, yardstick, or pool noodle. <ul style="list-style-type: none"> • Outdoor option: Use a stick or branch on the ground, or a thick string like twine. • No-prop version: Pick a straight line on the floor for people to walk on. <p>Activity 2: Tunnel Crawl</p> <ul style="list-style-type: none"> • Recycle two or more packing boxes into a “tunnel” for kids and their parents to crawl through. <ul style="list-style-type: none"> • Outdoor option: Crawl under chairs or low tree branches. • Activity option: Boxes may be colored with markers or decorated ahead by staff or by kids during waiting periods. • No-prop version: Crawl in an “elephant chain.” <p>Activity 3: Hopscotch</p> <ul style="list-style-type: none"> • Create a hopscotch course with colored tape on the floor. See the take-home guide at end of this lesson for complete instructions on how to design a hopscotch. <ul style="list-style-type: none"> • Outdoor option: Draw the course on a paved or sidewalk area with colored chalk. • No-prop version: Take turns playing follow the leader as each person hops on 1 foot, then 2 feet. As people miss the switch, they are out. <p>Activity 4: Beanie Toss</p> <ul style="list-style-type: none"> • Prepare a small box or bucket and mark a starting line about 4 feet away. Gather small stuffed animals or bean bags to toss into the box. <ul style="list-style-type: none"> • Outdoor option: Toss bean bags into a ring outlined with large rocks. • No-prop version: Move your arms like a windmill in big and small circles.

Item	Notes for Planning the Session
	<p>Activity 5: Limbo</p> <ul style="list-style-type: none"> • Decorate a yardstick or broomstick with crepe paper or use a Styrofoam noodle. <ul style="list-style-type: none"> • Outdoor option: Do the limbo under a tree branch. • No-prop version: Do back bends or “bridges” to stretch your back. <p>Instructor tips:</p> <ul style="list-style-type: none"> • Pick some volunteers to help you demonstrate each game at the beginning of class. • Assign child/parent teams to different stations and ask them to go to each station. • Whistle or announce that it’s time to start playing each game. Tell participants that you’ll whistle again when it’s time to stop and move to the next activity. You could also stop and start music to signal it’s time to change stations. • Plan for groups to be at each station for 2 to 5 minutes, allowing about 2 minutes for each child and parent. • Instruct parents to help their children with each activity—and instruct the kids to help their parents!

Part 2: Session Outline

Lesson: CH-000-26, A Divertirnos Juntos: Juguemos Juntos

(Please see next page.)

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 jugar con nosotros!</p> <ul style="list-style-type: none"> • Espero que hayan venido preparados para hacer ejercicio, porque hoy vamos a movernos mucho: arrastrarnos por el piso y saltar. • ¡Niños, inviten a sus padres a probar estos juegos con ustedes! <p>Pero, antes que nada ¿cómo debemos portarnos al jugar con otros niños? (Children will answer.)</p> <ul style="list-style-type: none"> • Esperamos tranquilos a que llegue nuestro turno. • Pasaremos a la siguiente actividad solo cuando la Srta. ____ nos diga que podemos hacerlo. • ¡Vamos a animar a todos nuestros amigos que están aquí y a aplaudir cuando terminen! <p>To the parents: Muchas gracias por traer a sus hijos hoy. ¡Se ve que estos niños son buenísimos para estos juegos! Participar en los juegos de nuestros hijos es uno de los mejores regalos que podemos darles aquí y en casa, porque los niños pequeños aprenden jugando. El juego les prepara para la escuela y les enseña a ser buenos amigos. Así que ¡venir hoy aquí ha sido una gran decisión!</p> <p>Ahora, ¡vamos a divertirnos un poco!</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> <ol style="list-style-type: none"> 1. ¿Cómo te llamas? 2. ¿Cuál es tu juego favorito? 3. ¿Qué juegos o actividades te gusta hacer con tu familia?
<p>Activities: 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: Juguemos juntos</p> <ul style="list-style-type: none"> • Choose up to 3 activities and have parents and children complete the station activity together. Rotate so that everyone gets to try each station. <p>Discussion Questions - Encourage group discussion throughout the activities.</p> <ol style="list-style-type: none"> 1. ¿Qué juegos les gustaban cuando eran niños? Compartan algunos de sus recuerdos más divertidos. 2. ¿Cómo se sienten jugando en familia? 3. Hacer ejercicio ayuda a que el cuerpo y la mente de sus hijos se desarrollen sanamente, y les ayuda a dormir mejor. ¿Qué consejos pueden compartir sobre cómo reservar un tiempo para divertirse en familia aun cuando estamos muy ocupados?

Item	Notes for Leading the Session
	<p>4. Los niños son imitadores por naturaleza. ¿Qué sienten cuando dan un buen ejemplo a sus hijos jugando con ellos?</p> <p>5. A veces llueve o hace demasiado calor para jugar al aire libre. ¿Cuáles son sus juegos favoritos dentro de la casa?</p> <p>Activity 1: La “barra” de equilibrio</p> <ul style="list-style-type: none"> Niños, caminen sobre una línea imaginando que es una barra y usen los brazos para mantener el equilibrio. ¡No se vayan a caer! Cuando lleguen al final, regresen saltando la línea hacia adelante y hacia atrás para empezar de nuevo. Papás y mamás, ¡ahora les toca a ustedes! <p>Activity 2: Gatear por un túnel</p> <ul style="list-style-type: none"> ¡Todos, niños y padres, a gatear a través de las cajas! Cuando hayan hecho esto varias veces, pueden intentar gatear de lado o hacia atrás. ¿Quién puede hacerlo más rápido? <p>Activity 3: Rayuela</p> <ul style="list-style-type: none"> Cada quien haga el recorrido uno por uno. Salten sobre un pie cuando haya un solo recuadro, y con los dos cuando haya un recuadro doble. Luego, dense la vuelta y empiecen de nuevo. ¿Creen que pueden hacerlo de espaldas? Instructor: See take-home guide at end of this lesson for complete instructions on how to play hopscotch. <p>Activity 4: Lanzamiento de bolsa</p> <ul style="list-style-type: none"> Formen una fila en el punto de partida. Tomen una bolsa rellena de bolitas y, con los dedos debajo de la bolsa, láncenla suavemente para que caiga dentro de la caja. Si les resulta muy fácil, apártense más de la caja. <p>Activity 5: El juego del limbo</p> <ul style="list-style-type: none"> Los padres pueden turnarse para sostener el palo a la altura del hombro de los niños para que estos puedan pasar por debajo uno por uno. Para pasar por debajo del palo, hay que echar el cuerpo hacia atrás a la altura de la cintura. Para hacerlo más divertido, bailen y muevan las caderas mientras pasan por debajo. <p>Instructor tips:</p> <ul style="list-style-type: none"> Extra activity: If time permits, take a lap by forming a line and hopping around the stations or walking around a track or down a path outdoors. Waiting activity: If boys and girls are waiting for their turns, they can practice their “high jumps” by jumping in place. During the session, make comments like, “¡Pero mira cómo lo haces!” “¡Te mereces una medalla!” and “¡Mira qué rápido vas!” Don’t forget to stop for a water break to stay hydrated!

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> <p>Es normal que a veces nos sintamos abrumados con todas nuestras ocupaciones, pero actividades como las que acabamos de hacer no toman mucho tiempo, y sus hijos siempre las recordarán. ¡Es muy divertido ver a mamá y papá haciendo equilibrio sobre una “barra” y gateando a través de una caja! Y ni siquiera saben que esas actividades son buenas para el cuerpo.</p> <p>¿Cuáles de estas actividades podrían hacer en casa esta semana?</p> <p>Distribute takeaway handouts for parents to use at home.</p>

Part 3: Take-Home Sheet

Part 4: Promotional Flyer

