



CH-000-27

Real Fun Together: Be Superheroes 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: Be Superheroes Together

Developed and Approved by: Texas State WIC Office

Date Developed: August 2017

NE Code: CH-000-27

Class Description: Kids love superheroes, and they love pretend play! This action-oriented class engages parents and children together in fun activities to teach about eating nutritious foods to grow big and strong. Kids develop their motor skills as well as their superpowers while using their imaginations and pretending to train as superheroes. Costumes help children feel like superheroes! WIC clinics can provide or make masks and superhero “S” emblems, and clients can bring costumes from home. Activities can be stations, with parents and children rotating to each station, or all together as a group to encourage friendly conversation among moms and dads. Informal discussions encourage clients to share ideas and challenges about getting their children to eat nutritious foods.

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

Type of Learning Activities: Active play, 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 be superheroes 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 them something to look forward to.
- Print out and post in your clinic the flyer attached to this lesson.
- Print out 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 in the class to take "selfies" with their kids and tag your clinic's Facebook page (if available) to motivate others to attend future classes.
- Take pictures of parents and kids enjoying the class together. Print a photo and post it 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-000-27, Real Fun Together: Be Superheroes Together

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. Feel empowered to be healthy and strong. 2. Engage in pretend play to stimulate imaginations, explore their superpowers, and bond together. 3. Be encouraged to cook and eat superpower foods such as fruits and veggies.
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. Fruits and vegetables are super foods for superheroes. 2. Learning about and playing with new foods is fun for the whole family. 3. Every child is a superhero! And moms and dads are superheroes, too!

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 2 to 4 activities.</p> <p>Materials needed:</p> <p>Activity 1: Fly Like Superman</p> <ul style="list-style-type: none"> • Optional: Painter’s tape to create a flight path. • Optional: Pillowcases, scarves, or fabric squares as capes fastened to children’s shirts with clothespins. <p>Activity 2: Superhero Strength Training (barbell lifting)</p> <ul style="list-style-type: none"> • Bar: Two paper towel holders, rolled up paper, or rolled up poster board. • Weights: <ul style="list-style-type: none"> • Option 1: Two paper plates, tape, scissors. • Option 2: Styrofoam or thick foam and glue. • Option 3: Two food cans, gray construction paper. <p>Activity 3: Super Kid Concentration</p> <ul style="list-style-type: none"> • 5 different healthy foods (Examples: apple, banana, sweet potato, zucchini squash, celery stalk.) <p>Activity 4: X-ray Vision</p> <ul style="list-style-type: none"> • 5 different healthy foods (Examples: orange, carrot, bunch of green onions, broccoli stalk, hard-boiled egg.) • 5 paper lunch bags. <p>Optional: Masks, capes, or other costume items.</p> <p>Optional super healthy snacks as a refueling station:</p> <ul style="list-style-type: none"> • Whole grain crackers, peanut butter, soft fruits or vegetables, yogurt. <p>Take-home materials:</p> <ul style="list-style-type: none"> • Coloring sheet with instructions for making a superhero paper doll.

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"> • Free printable superhero masks: <ul style="list-style-type: none"> • http://www.firstpalette.com/tool_box/printables/superhero.html • Compilations of Superhero theme songs: <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=8VGJGXMUhm&list=RDQMxE6ZJgmAW8&index=4 • https://www.youtube.com/watch?v=e9vrfEoc8_g&list=PLvU3t3QkFPlvDs8lzaWL-CZPL1xJcYpLC • Superhero activities and crafts: <ul style="list-style-type: none"> • http://handsonaswegrow.com/superhero-activities-for-kids/ • http://www.darcyandbrian.com/20-superhero-activities-kids/ • Superhero coloring pages: <ul style="list-style-type: none"> • http://www.momjunction.com/articles/superhero-coloring-pages_00326896/#gref • http://www.hellokids.com/r_484/coloring-pages/super-heroes-coloring-pages • Children’s superhero books: <ul style="list-style-type: none"> • http://childrensbookbin.com/2013/10/17/superhero-picture-books/ <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>WIC clinics come in various shapes and sizes. Set-up may be adapted to your location to fit your needs. If space is limited, set up fewer activities. Get creative with your space. Explore using an outdoor area near your clinic or a co-located space.</p> <p>Some preparation may be needed ahead of time.</p> <p>Set-up:</p> <ul style="list-style-type: none"> • Create 2 to 4 activities, including an optional snack table for hungry pint-size superheroes. • Set up a corner with toys and a play mat for younger children.

Item	Notes for Planning the Session
	<ul style="list-style-type: none"> • Play superhero-themed music as families arrive to set a fun mood! • With more than 5 parent-child teams, assign teams to different stations and rotate through. With 5 or fewer teams, consider having all participants do the activities together. • If providing masks, capes or other costume items, group all props on a table or floor area and give items to children before beginning activities. <p>Activity 2: (Super Strength Training) Pre-Class Preparation:</p> <ul style="list-style-type: none"> • Make the barbell ahead of time. It should be light enough for small children to lift. <ul style="list-style-type: none"> • Bar: Use two paper towel holders, rolled up paper, or rolled up poster board, depending on the appropriate size bar for the children expected in your class. • Weights: <ul style="list-style-type: none"> • Option 1: For each side, use two paper plates taped together face-to-face and cut a hole in the middle to slide the bar through it. Secure with tape. • Option 2: Glue the styrofoam or thick foam to both ends of bar. • Option 3: Cover food cans with grey construction paper. Write 1 TON on each can. Use these without a bar between them. <p>Instructor tip:</p> <ul style="list-style-type: none"> • WIC staff are superheroes, too! Help foster make believe play by wearing a mask and/or cape and playing a superhero theme or upbeat music—your enthusiasm will be contagious!

Part 2: Session Outline

Lesson: CH-000-27, Real Fun Together: Be Superheroes Together

(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>Hi, my name is ____! Thank you for coming out for today's superhero meeting, super friends! I know you are all very busy saving the world and helping people.</p> <ul style="list-style-type: none"> • Today, we're going to practice some important superhero techniques, like flying and lifting really heavy things. We're also going to learn what superheroes need to eat so they can grow big and strong. <p>Ground rules: Everyone is going to get to do all of the superhero training, so please don't run ahead to the next activity until it's your time to move.</p> <p>To the parents: Thank you for coming today, super parents. I can tell we've got some heroes in this room! The activities we've laid out are designed to be super fun for you to do with your kids, and they'll also help your children develop good social skills and do better at school.</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 superhero name, and what's your secret superpower? <p>OR</p> <ul style="list-style-type: none"> • Who is your favorite superhero? What do you like about them? Are they big and strong? Do they protect others?
<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: Superhero Training Camp</p> <ul style="list-style-type: none"> • Choose 2 to 4 activities and have parents and children complete them together along with the group. <p>Discussion Questions - Encourage group discussion throughout the activities. There are additional "Did you know" questions below for each activity.</p> <ol style="list-style-type: none"> 1. What memories do you have of playing make believe as a child? What did you pretend to be? 2. In what ways are you a superhero to your child? How does it make you feel? 3. As a super parent, how do you help your child feel like a superhero, too? 4. One superpower is including fruits and vegetables into meals every day. Share some of your tips and tricks for getting fruits and veggies in family meals and snacks.

Item	Notes for Leading the Session
	<p>Activity 1: Fly like Superman</p> <ul style="list-style-type: none"> • Pretend you are Superman by spreading your arms and flying around the room, from one side to the other! • Did you know that oatmeal and beans give you energy? And foods like strawberries and yogurt help keep you healthy and flying high? • Instructor: You may choose to create a “flight” path with colored tape. You may also consider leading everyone on a “flight” around an outdoor area or trail if available. <p>Activity 2: Superhero Strength Training</p> <ul style="list-style-type: none"> • Let’s act out the “superhuman strength” needed to lift a HUGE weight. Lift it using one arm at a time. Now lift it all of the way over your head! Again! • Did you know that milk, spinach, and yogurt help you build strong bones and muscles? It’s true! • Instructor: Use the pre-made “barbell” or canned “weights.” <p>Activity 3: Super Kid Concentration</p> <ul style="list-style-type: none"> • Let’s test our Super Kid Concentration skills. There are five healthy foods set out on the table. Kids, look at the food and try to remember what you see. Now close your eyes! • Did you know that avocados, blueberries, and broccoli can help you to remember things better? • Instructor: After they close their eyes, take a piece of food away. • Okay, now open your eyes! What food is missing? <p>Activity 4: Super Powers X-ray Vision</p> <ul style="list-style-type: none"> • Let’s test out our super power of x-ray vision! There are five healthy foods in this paper bag. Kids, put your hand in the bag and feel the food. Don’t look inside! What kind of food do you feel? You don’t need eyes to see with “x-ray vision!” • Did you know that eating carrots, eggs, greens, and fish can help you see better? • Instructor: After they guess, describe how each food helps them grow big and strong and make up fun names for the foods together with parents. <ul style="list-style-type: none"> • Health benefit examples: Carrots help your eyes see better (Vitamin A); Oranges help you get over a runny nose (Vitamin C). • Silly name examples: Carrots of Steel, Super Strength Spinach, Eggsellent Eggs, Atomic Apples, Brainy Broccoli, Zippy Zucchini.

Item	Notes for Leading the Session
	<p>Optional: Refueling Snack Station</p> <ul style="list-style-type: none"> Prepare healthy snack treats for kids after their superhero training session. Ideas include: peanut butter-banana sandwiches (two slices of banana with peanut butter in the middle; kids can help make if time permits), soft veggies and fruits that are safe for infants/toddlers, fruit parfaits (cut up fruit in a small paper cup with dollop of low fat yogurt and/or granola on top). <p>Instructor tips:</p> <ul style="list-style-type: none"> Copy and pass out healthy snack recipes. During the session, make comments like, “You make a great super hero!” “You’re faster than a speeding bullet!” “You must eat really good food to be so fast and strong!” Tell children they did a super job being superheroes. Encourage super moms and dads to give their heroes a super hug!
<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"> You did such a good job today! But your work isn’t done. I’m going to leave you with one final super mission! One of the most important jobs of a superhero is helping other people. So how are you going to take what you learned here today and share it with the rest of your family, so that all of you can be healthy and strong? What activities will you try at home to save the day? <p>Distribute takeaway handouts for parents to use at home.</p>

Part 3: Take-Home Sheet

Part 4: Promotional Flyer

