Welcome to the Zobey Locomotion Lab
Self–Paced Lesson

Instructions
1. Watch the Zobey Locomotion Lab video at home with your child.
   View the video online or on the DVD provided by your WIC clinic.
   Dance and have fun with your child!
2. Read the information.
3. Answer the questions.
4. Take this form back to your WIC clinic for class credit.

Parents — you can help your child be a problem solver!

Here’s how:
• Ask your child to help you put together a meal. Ask them to think about foods of different colors and types to make a colorful, healthy meal.
• Kids love playing hide and seek. Hide things around the house or outdoors and have your child find them. This is a fun game for kids and a great family activity. They learn how to concentrate and figure out what makes a good hiding place. And it helps them problem–solve, too!
• Encourage your children to play with puzzles. Putting puzzles together is a great problem–solving activity as kids learn how to put the pieces together.
• Go to https://texaswic.org/kids for books, recipes, games and more to explore with your kids!
• View more Zobey and fun activity videos on our YouTube channel, Healthy Texas Kids.

Please answer the following questions about this lesson:
1. I can help my child try a new colorful food by:

2. One meal that I can enjoy with my family this week is:

3. One activity that I can do with my child this week is:
Self-Paced Lesson Survey  
Zobey Locomotion Lab

Hello Parents. Please answer the following questions about your child who is under age 5 and watched the Zobey video.

1. How old is your child?
   - □ 0–12 months
   - □ 13–24 months
   - □ 2–3 years old
   - □ 3–4 years old
   - □ 4–5 years old
   - □ Age 5 or over

2. My child is a (circle one):  Boy  Girl

3. My child watched Zobey Locomotion Lab:
   - □ 1 time
   - □ 2–4 times
   - □ 5–9 times
   - □ 10+ times

4. Has your child asked to try a new fruit or vegetable during or after watching the video?
   - □ Yes
   - □ No

5. How much did your child dance to the video?
   - □ During the entire video
   - □ Often
   - □ Sometimes
   - □ Not at all

6. Did you dance to the video with your child?
   - □ All of the time
   - □ For a short time only
   - □ Most of the time
   - □ Not at all
   - □ Some of the time

7. On what device did your child watch this video?
   - □ TV
   - □ Desktop computer
   - □ Tablet
   - □ Laptop computer
   - □ Mobile phone

8. What was your child’s favorite part of the Zobey video?

____________________________________________________________________________________

9. What is one suggestion you have to improve Zobey videos?

____________________________________________________________________________________

____________________________________________________________________________________

10. Compared to other children’s programs your child watches, circle the number of stars you and your child would give this program.

    ★★ ★★★ ★★★★★ ★★★★★★★ ★★★★★★★★★

Thank you from Zobey and friends!

Visit our website at TexasWIC.org.