



BACKGROUND

Improving healthy behavior in the home can be established through contracts. This written agreement helps to reinforce efforts and be a helpful reminder to improve healthy eating and to be more physically active for both the parent and child.

OBJECTIVES

Youth will

1. Create a contract to improve health environment at home.
2. Continue awareness of home health environment.
3. Overcome barriers to contract.
4. Influence parents for support.

STRATEGIES

1. Self-monitoring and capacity building through asking skills, barriers self-efficacy, goal setting, and proxy efficacy.
2. Links to home and parents.
3. Enjoyment of FV and PA

TIME NEEDED

60 minutes

- Introduction (10)
- Cool Contracts (25)
- Role playing (15)
- Home Scavenger Hunt: part 2 (10)

GETTING READY

1. Copies of Contracts
2. Stickers
3. Role playing scenarios
4. Copies of House Hunt
5. Magnetic Strip
6. Disposable Cameras

Module 18: Cool Contracts

1. Introduction

2. Activity 1: Cool Contracts. Students will be introduced to contracts in the home environment. They will decide which options are best. Discuss where to keep contract, possible barriers.

3. Activity 2: Role Playing. The students will split into small groups (3-5) and will each have scenarios to act out involving communication between the child and parent and barriers to the HOP'N contract.

4. House Hunt: Part 2. The students will receive cameras for part 2 of the house hunt. Children will receive the original items for hunt list and take remaining pictures on ways they have improved their home environment. Photos of following the contract are encouraged.

FREQUENTLY ASKED QUESTIONS

1. Why do I have to do this contract?

This contract is designed for you to improve your home health environment. Plus, if you work hard and meet all of your goals- you will be rewarded for your behavior. You also help decide what this reward will be!

2. What if I don't think I can achieve any of these goals? The most important thing is to try your best. You never realize how capable you are of doing something until you try. Also, these goals are made to be challenging, so you feel as though you accomplished something when you receive your reward! The contract is designed for 3 weeks. You may surprise yourself and continue this behavior for more than the intended 3 weeks!

3. What if I haven't made any changes in my home environment since the first house hunt?
It's never too late to start! Recall the information from role-playing, new F/V and PA options, consider your cool contract. All of these can improve your home environment!

4. What if I did not do the first part of the House Hunt? That's okay. You can still do the second half. You may want to take pictures before you make a change or "stage" a picture of how something was before.

5. What if I have not turned in my camera? Just hold on to it, finish the second half of your pictures, then turn in your camera to me and I will get it developed.

Module 18: Cool Contracts

Activity 1: Cool Contracts

Objective:

Establishing and promoting healthy behavior through written contracts.

Materials:

- Copies of contracts
- Pencils & Pens

Time:

Description of contracts (5)

Creation of contracts (19)

Total: 24 minutes

Procedure:

The instructor will explain the importance of contracts and promoting healthy behavior. Students must select goals that they feel will be challenging. The instructor will walk the students through the completion of their contract.

Follow-up/ Assessment:

The students will need to review the cool contract with parents and sign the contract. Students can record their goals every week using stickers and calendar provided.

Modifications:

Students may wait to choose goals until they discuss with parents.

Discussion Points:

Choose goals that apply to that particular student and his/her family. For instance, if the already eats a fruit everyday at breakfast, do not choose that goal.

Module 18: Cool Contracts

Activity 2: Role Playing

Objective:

Improving student communication skills and self-efficacy of choosing healthy behaviors in various situations.

Materials:

- Copies of contracts for student reference
- Scenario scripts

Time:

Explanation of role-playing (3)

Group rehearsal (10)

Class presentation of role-playing (12)

Total: 25 minutes

Procedure:

The instructor will explain the next activity of role playing based upon the contract choices. Students will then split into groups and receive 1-2 scenarios. The students will have time to read their scenarios and rehearse an act. The students will then present their acts to their classmates.

Discussion Points:

Discuss any possible barriers to the contract. Tell children these are only sample scenarios and may not happen in their families. Ask them to think of problems that they might see interfering with the HOP’N contract and brainstorm solutions. Remind children to always be polite when asking for things. Also remind them that becoming angry or upset is not the right way to solve a problem. Tell children to plan ahead to avoid possible scenarios (i.e. no more fruits for breakfast, busy schedules interfering with family fun night, etc).

Modification:

If time is limited, this activity could be done as a group discussion.



MY HOP'N CONTRACT

Please choose one (1) healthy goal from each box.

Physical Activities & Sedentary Time

(Choose one of these to increase physical activity.)

- TV Turnoff Challenge (Includes DVDs, videogames, and videotapes)**
Go 7 full days without watching TV. Then, watch no more than 2 hours of TV each day.
- Family Physical Activity Challenge**
You can get the whole family together or just you and a parent. One night each week, get family together for 60 minutes of physical activity together. OR, two nights each week, get family together for 30 minutes of physical activity together.

Nutrition

(Choose one of these to improve your eating habits.)

- Eat a fruit at breakfast every day for three weeks.**
- Eat two vegetables at dinner every day for three weeks.**
- Fruit and Veggie Bowl**
Get parents to help create and stock a fruit bowl for the kitchen with fruits ready-to-eat. Get parents to help create and stock a veggie bowl in the refrigerator with cut-up vegetables. Choose snacks from fruit or veggie bowl every day.

Family Fun

(Choose one of these to spend more quality time together.)

- Family Fun Night**
Whole family (or you and a parent) doing a enjoyable activity together for at least 60 minutes. Choose from arts, crafts, games, music, or other hobbies. No TV, computers, or movies.
- Traditional Family Meal Night**
Help your parents prepare a meal at home to eat and enjoy together. Include at least one fruit and one vegetable in meal. No TV, phone, or other distractions at dinner table.

As a family, we agree to try our best to stick with the options selected above for three (3) weeks.



HOP'N Families,

In a continued effort to empower students to make lifelong healthy choices, the students have been provided with a "healthy contract" full of healthy choices. They picked goals that they feel they can complete with the support of their families.

As a family, please:

- Talk to your child about their goals and why they chose them.
- Please have all family members sign and hang up the contract.
- Choose an incentive to reward yourselves for completing the goals. Please choose only rewards that promote being healthy.

Thank you for your help and support,

HOP'N After School is a program to promote healthy opportunities for physical activity and nutrition. HOP'N aims to promote healthy lifestyles and prevent the risk of childhood obesity through education and community involvement.

Scenario Scripts:

- 1) You have chosen to get your parents to help create and stock a fruit bowl for the kitchen with fruits ready-to-eat. You go with your mother to the grocery store and she wants to know what kinds of snacks you would like. What do you say and how to ask nicely? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 2) You have chosen to help your parents prepare a meal at home to eat and enjoy together every Wednesday. It is Tuesday night and you overhear your parents discussing tomorrow night's plans about going out to eat because they won't be much time to prepare a meal after they get home from work. What should you say to your parents? What are your ideas to work around this schedule and still be able to make dinner and enjoy it with your parents? Do you think you could start making some things before they get home? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 3) You have prepared a meal with your parents. Now you and your family are ready to sit down at the dinner table and enjoy the meal. Your parents would like to watch the news and your brother would like to watch the Simpson's while eating dinner. What should you suggest? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 4) You have chosen the TV turnoff challenge. You have gone 5 days without watching any TV or playing videogames. Good Job! Day 6 is a rainy Saturday afternoon and your friend calls you and wants to know if you want to come over to watch a scary movie. You know that it is day 6 and you only have 2 more days to not watch any TV. What should you tell your friend? What other things could you do instead? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 5) You have chosen the Family Physical Activity Challenge. Every Tuesday night for one hour you and your family will enjoy some type of physical activity together for 60 minutes. On Monday, your mom asks you if you can go to the neighbor's house after school because she wants to take care of errands before coming home. She has forgotten all about the Tuesday night physical activity. What can you say to your mother to kindly remind her? What physical activities would you like to do with your family that night? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 6) You have chosen to eat a fruit at breakfast everyday for three weeks. You usually eat a banana, orange, or grapes. One morning, you notice there are no more grapes, oranges, or bananas. The only fruits in the refrigerator are apples and cantaloupe. Your mother is almost ready to leave for work. What should you eat for breakfast? How do you kindly ask your mother to buy some more of your favorite fruits? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 7) You have chosen to eat two vegetables at dinner everyday for three weeks. Your mother just went grocery shopping and stocked the freezer with frozen vegetables and the cupboard with canned vegetables. One day for dinner your father chooses to make green beans as the only vegetable. You walk into the kitchen while your father is making dinner. What should you tell him? How can you ask him kindly to make another vegetable? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 8) You have chosen the family fun night. Last week your family chose to play a your favorite board game together. It turned into a disaster because your little brother cannot sit still for that long and your older sister wanted to talk on the phone. You and your parents had fun though. What ideas do you have for this week's family fun night? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

- 9) You have chosen the family physical activity challenge. For 30 minutes every Monday and Thursday, you do some physical activity with your parents. You just learned about yoga in HOP'N and want to show your parents, but your dad doesn't think he will like it. He has never tried it, but insists that he will not have fun. What can you suggest to your dad? Act out this scene. Remember you can use props, make it funny, and make healthy choices.

Module 18: Cool Contacts

Introduction

1. Welcome students back to HOP’N Club. Say,

This is the eighteenth week of HOP’N Club. What is HOP’N Club? HOP’N Club is a once a week club where we focus on four healthy goals. What are the four HOP’N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP’N stand for? Healthy Opportunities for Physical Activity and Nutrition. How many people talked to their family about the new things they tried last week? This week we will talk more about how to make changes in your life.

Cool Contracts

1.Explain the importance of contracts and promoting healthy behavior. Have students select goals that they feel will be challenging. Encourage students to choose goals that apply to that particular student and his/her family. For instance, if the already eats a fruit everyday at breakfast, do not choose that goal.

2. Circulate the room helping students through the completion of their contract.

Modifications:

Students may wait to choose goals until they discuss with parents.

Role Playing

1. Discuss any possible barriers to the contract. Explain the next activity of role playing is based upon the contract choices.

2. Divide the club into groups. Handout 1-2 role play scenarios to each group.

3. Give the students time to read their scenarios and rehearse an act. The students will then present their acts to their classmates. Say,

These are only sample scenarios and may not happen in their families. Remember always be polite when asking for things. Becoming angry or upset is not the right way to solve a problem. What are some problems that they might see interfering with the HOP’N contract and brainstorm solutions? Plan ahead to avoid possible scenarios (i.e. no more fruits for breakfast, busy schedules interfering with family fun night, etc).

Modification:

If time is limited, this activity could be done as a group discussion.

Hand Cameras Back Out

1. Distribute the cameras back out to the students. Students may need a second House Hunt handout. Students should take pictures of changes they are making in their homes using their new contracts.

Review

1. Remind the students. Say, *Everyone did a great job with your scenarios. Remember, challenges may come up as you are trying to complete your contract, just try your best and we will talk about your experiences next week.*

2. Collect nametags.