



BACKGROUND

Encouraging children to use their imaginations combined with their knowledge of health can help improve their home health environment.

OBJECTIVES

Youth will

1. Continue awareness of home health environment
2. Overcome barriers to contract
3. Knowledge of ways to improve home health environment

STRATEGIES

1. Self-efficacy for environmental change
2. Proxy-efficacy
3. Barrier self-efficacy
4. goal-setting
5. self-monitoring

TIME NEEDED

60 minutes

- Introduction (1)
- Discussion (10)
- Healthiest Home (40)
- Contract Reinforcement (9)

GETTING READY

1. Box for camera return
2. Sheet paper
3. Art supplies

Module 19: Home Makeover Healthiest House Edition

1. Greeting, turn in cameras.
2. Discussion of self-assessment of home environment.
Instructor led discussion on improvements found in home and encouragement of those improvements made.
3. Activity 1: The Healthiest House. The students will split into small groups (3-5). The team of students just received unlimited money from the Home Makeover TV program to create the healthiest house ever. Students use their imagination and knowledge to create this dream house, using pictures or words. Students then share their ideas with the class and vote on the best house.
4. Contract Reinforcement. Instructor led discussion of contract barriers or successes so far. Offer encouragement and support for any issues. May incorporate ideas taken from Healthiest House activity.

FREQUENTLY ASKED QUESTIONS

1. What if I forgot to take a picture of an improvement made in my home environment?
That's okay as long as you remember what that improvement was! Next week, we'll create posters and you can either use the pictures you took or draw them or write about them.
2. What if I broke the contract?
Still continue to try your best the remaining weeks. We can also modify your contract so it most suitable to you and your environment. However, we encourage you to follow the options on the contract because we know you are capable of doing it!!

Module 19: Home Make-Over: Healthiest House Edition
Activity 1: Home Make-Over Healthiest House Edition

Objective:

Encouraging children to use their imagination and prior knowledge to create a healthy home.

Materials:

- Sheet paper of house blue-print
- Scissors
- Old magazines
- Markers
- Crayons
- Stickers
- Glue
- Additional art supplies

Time:

Description of activity (5)

Creation of house (25)

Class presentation of house (15)

Total: 40 minutes

Procedure:

The instructor will explain the activity. Tell the students that the hit ABC show, *Home Make-Over*, wants to design the healthiest house ever. But they need some help. They don't know what makes a healthy house. They have lots of money to spend, but just need some creative ideas. Some examples could be having a huge refrigerator stocked with fruits and vegetables, a garden outside, places for physical activity, very few TV's or phones, indoor basketball courts, swimming pools, etc. Students will be split into groups and given a blank blue-print of the house being built. Students can display ideas by cutting pictures out of magazines, drawing, or writing. At the end each group will present their healthy house.

Follow-up/ Assessment:

Students should assess what things are similar and what things are different from their own home environment.

Discussion Points:

Discuss what makes a healthy home environment. Discuss ways to create a healthy home environment if you had little money.

Module 19: Home Makeover: Healthiest Home Edition

Introduction

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

This is the nineteenth 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. Today, we will talk about your first week with your contract. We will also have fun making a house as healthy as we can.

Discussion of Self-Assessment of Home Environment

1. Lead the students in a discussion about the pictures they took and how contract changes are going. Say,

I will collect your cameras. What are some of the pictures you wanted, but weren’t able to take? What are some pictures on your camera?

How was the first week of your contract? What were some things your family changed? What were some challenges you faced? How what did you do to overcome those challenges?

Healthiest Home

1. Explain the Healthiest Home activity. Say,

The hit ABC show, Home Make-Over, wants to design the healthiest house ever. But they need some help. They don’t know what makes a healthy house. They have lots of money to spend, but just need some creative ideas. Some examples could be having a huge refrigerator stocked with fruits and vegetables, a garden outside, places for physical activity, very few TV’s or phones, indoor basketball courts, swimming pools, etc. You may work in groups or by yourself and given a blank blue-print of the house being built or you may want to use a blank piece of paper to make your own house.

2. Provide students with supplies to cut pictures out of magazines, draw, or write.

3. Facilitate a group sharing time. At the end each group will present their healthy house. The class will then vote on the healthiest one! Discuss what makes a healthy home environment. Discuss ways to create a healthy home environment if you had little money.

Contract Reinforcement

1. Encourage students to keep up with their contracts.

Review

1. Remind the students. Say,

Everyone did a great job with your home makeovers today. I will get your pictures developed and we will do a project next week with your pictures.

2. Collect nametags.