



BACKGROUND

Increasing access to healthy foods and physical environments can enhance children's health.

OBJECTIVES

Youth will

1. Learn the influence environment has on their health
2. Know the requirements of the Adoptee project, and their initial interview
3. Build awareness regarding their school environment

STRATEGIES

1. Build children's capacity, leadership, and efficacy
2. Support children as they implement the HOP'N program onto another member of their community/school environment

TIME NEEDED

60 minutes:
Introduction (5)
Game (30)
Champ assignment (25)
Closing (5)

GETTING READY

1. Game Cards
2. Hula Hoops
3. Bowl
4. Raisins
5. Napkins

Module 21: HOP'N to Help My Hometown

Prior to this module, letters requesting school/community personnel to volunteer as "Champs" need to be dispersed. The number of children assigned to each champ will depend on the number of volunteers.

Environment Game

Discuss the different contexts that make up the children's environment (school, neighborhood, community) and how these environments impact their diet and physical activity.

HOP'N Champ Assignment & Description

1. Depending on the number of adoptees who were recruited, divide children into appropriate sized groups. Assign each group a Champ and give a brief description of who they are and the role they play in the children's school, neighborhood, and/or community environment.
2. Give an overall explanation of the Champ Project followed by an indepth discussion regarding the type of information the children will collect during their first interview (week 2). Preteach the "getting to know you activity."

FREQUENTLY ASKED QUESTIONS

- 1.

Module 21: HOP'N to Help my Hometown
Activity 1: Environment Activity

Objective:

The students will:

- Learn the influence environment has on their health
- Build awareness regarding their school environment

Materials:

Hula Hoops
Game Cards

Time:

Explanation of game (5)

Playing the game (20)

Discussion (5)

Total: 30 min

Procedure:

The instructor will explain the rules. The students will start in a hula hoop and will have to end in the same color hula hoop on the opposite side of the game board. The instructor will explain that it is important for the students to read the whole card and if they do not they will be asked to return to their previous place. The instructor will also stress that only one person/ team should be in a hula hoop at a time and that after a team reads a card they should discard it on the bottom of the stack. The game may be repeated. A discussion about the content of the cards will be done after the group is through playing the game.

Discussion:

Review answers.

What were some things you had to take a step forward? How would it affect your health?

What were some things you had to take a step backward? How would it affect your health?

Our environment affects our health.

Modifications:

The students may be on teams.

Hula hoops could be replaced by a piece of paper.

Module 21: HOP’N to Help my Hometown
Activity 2: Champ Assignment

Objective:

The students will know the requirements of the Adoptee project, and their initial interview

Materials:

Raisins in a bowl
Napkins

Time:

Explanation of CHAMPS (10)
Learn getting to know you activity (10)
Review/ Questions (5)
Total: 25 min

Procedure:

The instructor will explain the procedure and expectations for when the CHAMPS are at HOP’N. The instructor will have a volunteer come sit by them. They will present the bowl of raisins to the student volunteer and tell them to, “Take as many as you need...” The instructor will answer any questions by the student volunteer with the same phrase. After the student takes some raisins the instructor will then explain that for every raisin the student chose they will each share a piece of information about themselves (i.e. “my name is...”; “I go to...”; “I work at...”; “I have two cats...”; “my favorite physical activity is...”; etc. The instructor will review the activity with the students and make sure they are comfortable leading their CHAMP in the activity.

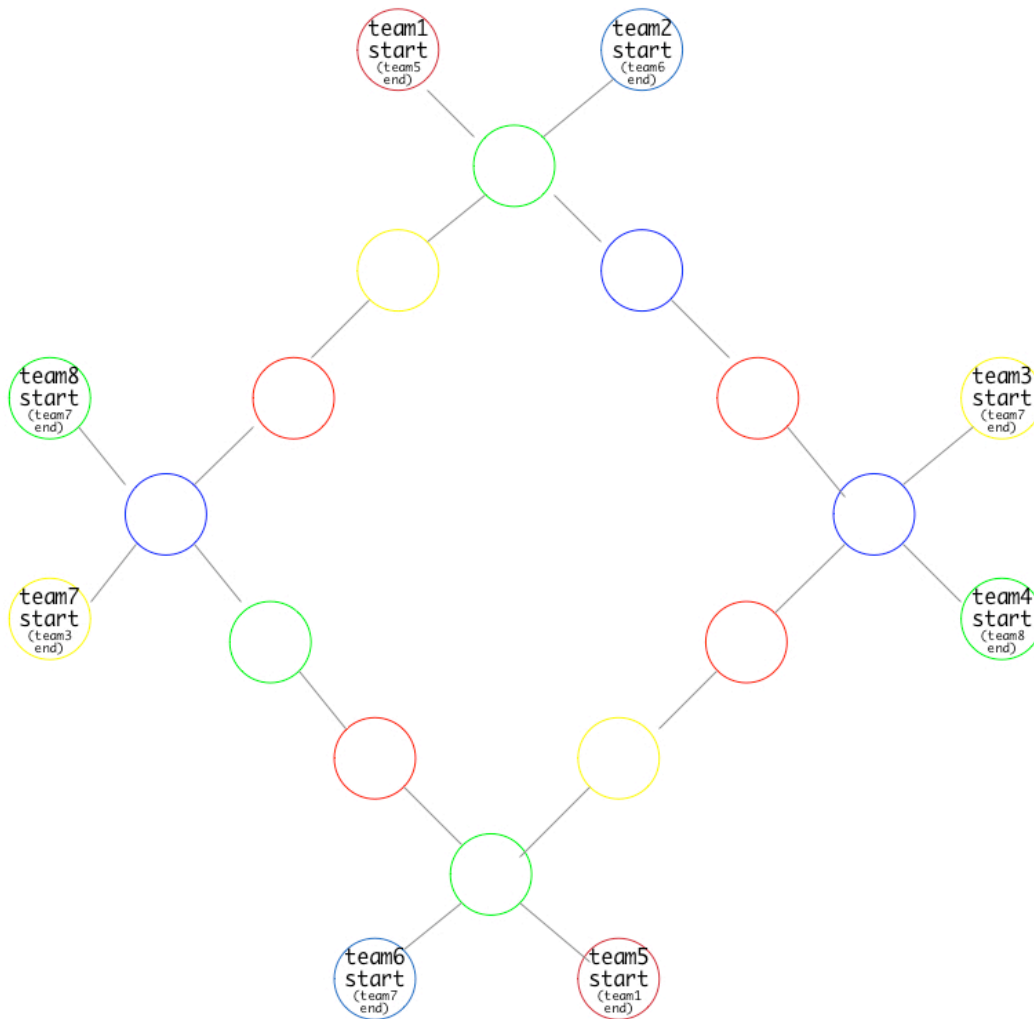
Discussion:

So, our community and environment affects our health- how can we change our community/ environment?
You have learned how to help yourself. How can you help somebody else?
How do you treat guests in your home?
How does positive/ negative behavior reflect on you, your school, after school, HOP’N etc.?

Modifications:

Environment Game

Set up your game in the following formation. Make 3 copies of the game questions, cut the prompts out and place a small stack in each hoop.



The grocery store is walking distance to your home. Walk there and pick up fruits and vegetables. Move **ahead** 2 spaces.

Fruit and vegetable snacks are offered at your after school program. Move **ahead** 1 space.

You are offered healthy lunch options at school. Move **ahead** 1 space.

There are safe paths in your neighborhood you can walk on. Move **ahead** 1 space.

The sidewalks in your neighborhood are safe for walking or riding my bike (cross walks, good lighting, sidewalks are connected). Move **ahead** 1 space.

There are bike trails/paths near your house you can use. Move **ahead** 1 space.

Healthy options (i.e. recreational sports, fruits and vegetables) are reasonably priced so you can enjoy them daily. Move **ahead** 1 space.

Your school has good water fountains to fill up your water bottle with you and keep it on your desk during the day. Move **ahead** 1 space.

You feel safe participating in activities in your community. Move **ahead** 1 space.

Advertising overloads your TV programs with commercials trying to get me to choose unhealthy options (fast food, candy, soda, etc.). Move **back** 1 space.

Your school playground has toys and a field where you like to play with your friends. Move **ahead** 1 space.

There are way too many fast food restaurants in your neighborhood, encouraging you to eat there. Move **back** 1 space.

There are not enough grocery stores near your family offering healthy food options. Move **back** 1 space.

Everywhere you go there are unhealthy food choices being offered to you (high fat and high sugar foods at lunch time/snack time, sugar filled cereal at the grocery store, soda pop at lunch time, etc.). Move **back** 1 space.

The healthy food is over-priced and the unhealthy options are not. Move **back** 1 space.

There are not any places near me offering fun sport or physical activity options. Move **back** 1 space.

Your parents are scared to let you play outside alone because they fear your safety. Move **back** 1 space.

You rely too much on your television and/or video game system (Nintendo, Playstation, Xbox) for entertainment instead of getting physical active in your community. Move **back** 1 space.

Your school does not have a bike rack so you can not ride your bike to school. Move **back** 1 space.

Your school does not have a gym to play in on bad weather days, at after school, and to go to P.E. in. Move **back** 1 space.

Module 21: HOP’N to Help My Hometown

Introduction

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

This is the twenty-first 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. Now that you have made changes in your own home, we will start working on helping others. Since HOP’N has started you have all become experts on the HOP’N goals now it is time to share what you know. Starting next week we will have visitors; today, we will start preparing for those visitors.

Environment Game

1. Explain the rules. Say,

You will start in a hula hoop and will have to end in the same color hula hoop on the opposite side of the game board. It is important for you to read the whole card and if you do not you will be asked to return to your previous place. Only one person/ team should be in a hula hoop at a time and after a team reads a card you should discard it on the bottom of the stack.

2. Facilitate students playing the game.

3. Discuss the content of the cards. Say,

*What were some things you had to take a step forward?
How would it affect your health?
What were some things you had to take a step backward?
How would it affect your health?
Our environment affects our health.*

Modifications:

The students may be on teams.
Hula hoops could be replaced by a piece of paper.

Champ Assignment

1. Explain the procedure and expectations for when the CHAMPS are at HOP’N. Say,

*So, our community and environment affects our health- how can we change our community/ environment?
You have learned how to help yourself.
How can you help somebody else?
How do you treat guests in your home?
How does positive/ negative behavior reflect on you, your school, after school, HOP’N etc.?*

2. Explain the game the students will play with their HOP’N Champs. Have a volunteer come sit by them. Present a bowl of raisins to the student volunteer and say,

Take as many as you need... Answer any questions by the student volunteer with the same phrase.

After the student takes some raisins, explain that for every raisin the student chose they will each share a piece of information about themselves (i.e. “my name is...”; “I go to...”; “I work at...”; “I have two cats...”;

“my favorite physical activity is...”; etc.
Review the activity with the students and make sure they are comfortable leading their CHAMP in the activity.

Review

1. Remind the students. Say,

Remember next week we will be joined by our HOP’N Champs. You have learned a lot and have a good opportunity to help other people. By helping other people you can make your environment healthier, and that helps you.

2. Collect nametags.