



SNAP Session #2: The Take-Home Message

Background

Many programs do a good job in educating children about healthy behaviors. Beyond just knowledge, kids should also be armed with skills to implement that knowledge. Ultimately, parents can help or hinder the impact of a health-education program. Thus, it is important to prepare kids to recruit their parents to support health behavior and change at home.

Three ways that girls and a parent can be active at home together are: Walk & Talk (going for a walk); Chance to Dance (dancing to music); and Active Games. These are also good ways the girls can be active in troop meetings.

Today's activities

(time needed 30-90 minutes)

**These are the most essential parts: everything else is optional and at leader discretion

- ▶ INTRO: Discussion points (5-10min)- Talk with the girls about all of these points listed below.
- ▶ How am I doing check-up? (5min)- Read it aloud, and discuss briefly as you go.

Today's activities

- ** ► **PHYSICAL ACTIVITY:** “Chance to dance” (15min) Start with line dancing examples like the Macarena, Electric (slide), Achy-Breaky Heart; Play some good music for dancing; Have groups of girls make up their own short dance routine and write down the moves on Chance to Dance sheet to take home. Shoot for at least 1500 steps for all girls.
- ** ► **NUTRITION:** making a snack- vegetable & dip with water to drink (5-10min), practicing a family meal (5-10min), clean-up (5min)
- **ASKING SKILLS ACTIVITY:** See attached sheet (5-15min)
- **Discussion & assignment (5min)-** Hand out copy of chance to dance assignment sheet & read instructions.

Objectives

Girls will:

- Review the desired behaviors of our SNAP intervention.
- Develop a fun dance move to share with parents at home.
- Learn how to ask parent(s) for help in achieving the target behaviors
- Learn kitchen skills, practice asking skills and practice good manners while eating.

Discussion Points

Healthier Troops in a SNAP

- Physically active meetings led by visiting parents and girls
- Making fruit and vegetable snacks led by visiting parents and girls
- Taking healthy steps, drinking water, and having family-connected meals at home too

Girls get to practice courage, confidence, & character by working with parents to improve health

Discussion Points

Collect completed sheets from session 1 & review health messages:

- 1) *Water is a wonderful choice.*
- 2) *Take steps for fun and health.*
- 3) *Make family connections through mealtime.*

Complete the “How am I doing check-up” sheet with girls.

How am I doing check-up?

Child version- to do as group discussion

For the following questions, please raise your hand to answer what you did last week.
(Leader should praise the girls' efforts, help them to find ways to improve.)

1. How many times did your family sit down together at home to eat a meal this past week?
A) Three or more times
B) Once or twice
C) Never

2. How often did you have the TV turned off during meals at home?
A) All the meals
B) Some of the meals
C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?
A) All the meals
B) Some of the meals
C) None of the meals

4. How often did you have a fruit AND a vegetable during meals at home?
A) All the meals
B) Some meals
C) None of the meals

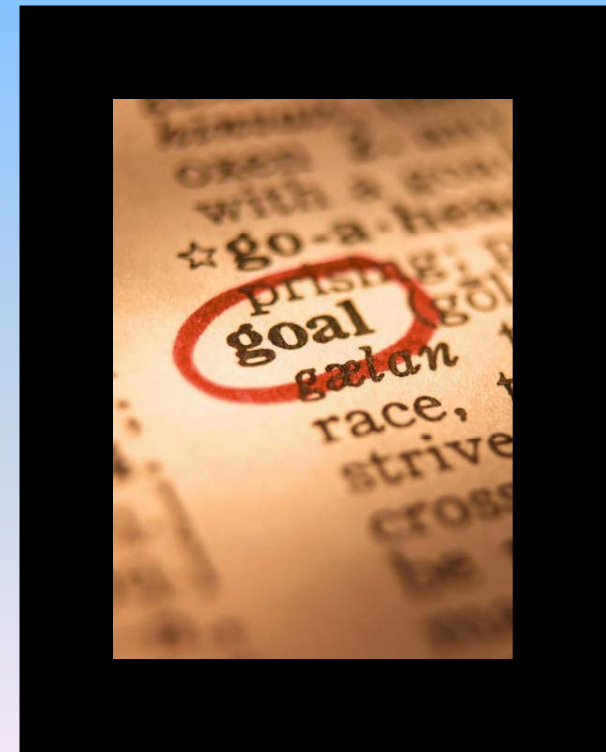
- 5) How often did you have water instead of soda/pop or soft drinks during meals at home?
A) All the meals
B) Some meals
C) None of the meals

6. How often did you take steps together (walking or being active) with your mom or dad?
A) Three or more times
B) Once or twice
C) Never

Goal Setting:

Each girl should pick one of the six areas above to improve for next time.

What is your goal for next time?



How am I doing check-up?

Parent version- to fill out at drop-off or pick-up.

For the following questions, please raise your hand to answer what you did last week.

1. How many times did your family sit down together at home to eat a meal this past week?

- A) Three or more times
- B) Once or twice
- C) Never

2. How often did you have the TV turned off during meals at home?

- A) All the meals
- B) Some of the meals
- C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?

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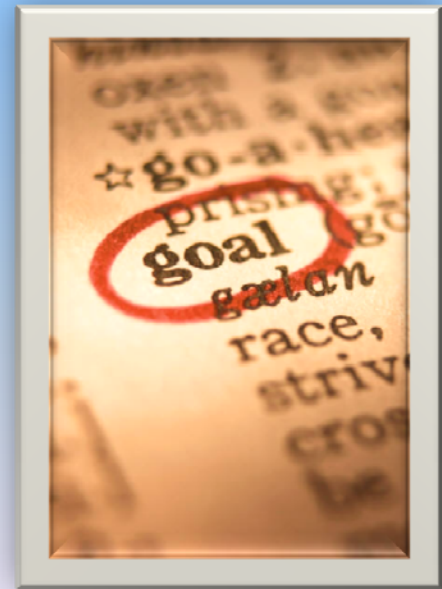
- A) Three or more times
- B) Once or twice
- C) Never



Goal Setting:

Each parent should pick one of the six areas above to improve for next time.

What is your goal for next time?



Healthier Troops in a SNAP: Session 2 Scout Homework Sheet

Chance to Dance

Pass out homework sheet for girls to take home and complete.



Session 2: Vegetables & Dip

Or substitute any fruit and vegetable snack recipe for girls to prepare and eat.

Objective:

The girls will make a vegetable snack with water to drink.

Materials:

- Soapy water and clean rags/ towels
- Medium mixing bowls
- 2 Envelops of soup mix or Ranch dip
- 4 cups of low-fat sour cream
- 1 bag of carrots
- 1 bunch of celery
- 1 bag of fresh spinach
- Spoon or spatula
- Knife & cutting board/area (a good butter knife can work if safety is a concern)
- Cups and water to drink



Session 2: Vegetables & Dip

Procedure

- 1) The girls will wash hands and clean their tables.
- 2) Girls will wash and cut up carrots and celery in different shapes
Carrots- coins, diagonals
Celery- 2-inch matchsticks, crescents
Spinach- chiffonade (roll leaves up tightly, slice thinly at perpendicular angle)

Session 2: Vegetables & Dip

- 3) Mix soup mix and chiffonade spinach into sour cream to make dip and stir until well blended
- 4) Creatively decorate plates with patterns of celery and carrot and by spooning dip onto plates
- 5) Tables should be set with plates and napkins, water cups- everyone seated before eating
- 6) Practice good manners while eating.

Session 2: Vegetables & Dip

(continued)

Modifications:

The supplies could be divided up so groups make their own dip.

Various seasonings such as salt, onions, and spices could be used instead of soup mix.

Plain low-fat yogurt can be substituted for sour cream.

Session 2: Asking Skills & Tips

Instructions: Discuss effective ways to ask for something as described below.

Then, have girls practice asking things like those at bottom.

--Basics...

Look the person in the eye- Why do we do that?

Use a clear voice- why?

Don't whine- why?

Clearly ask for what you want- why?



-- Giving good reasons for your request...

It is important to be able to give good reasons for what you are requesting.

Talk about how it will help you be healthier, smarter, stronger, etc.

Talk about how it will improve the family's health.

Be creative and think of ways around potential hurdles (time, convenience).

Session 2: Asking Skills & Tips

-- Picking your battles and taking no for an answer...

Sometimes there are good reasons for saying no- there's no sense pushing further.

If they say no, ask for the reason- see if there's any room for negotiation.

See if there is a suitable alternative- not exactly what you asked, but something like it.

Session 2: Asking Skills & Tips

-- Compromising and giving to get...

You can't always get what you want, but might be able to reach a compromise.

A compromise is when both sides give up something to get something both want.

Oftentimes, you have to give something to get something.

If you're willing to do something they would like, they might be more likely to say yes.

Things to practice asking of parent:

- Help me be more physically active
- To buy some apples at the store
- To keep a fruit bowl on the counter.
- To take me to the park
- To get me a bike for my birthday
- Eat dinner with me
- To order a pizza with vegetables
- To make dinner at home
- To buy my favorite vegetables
- Help me prepare a fruit/vegetable snack
- Sell the TV in my bedroom to buy a scooter
- Go to the swimming pool
- Go to Subway instead of McDonalds
- Have a family breakfast on Saturday
- Turn the TV off during dinner
- Give up soda during family meals
- Go for a walk outside after dinner
- Help me eat more fruits & vegetables

Things for parent to say to requesting child:

- I don't know if we can afford that.
- Why do you want that?
- Did you ask your dad about that?
- I don't think that's a good idea.
- No.
- No way.
- Umm, I don't know.
- What?
- Where did you get that idea?
- We're not doing that until_____.
- What has gotten into you?
- We'll see.
- Maybe.
- OK, but you have to_____.
- I'll talk to your mom about it.
- Sure, but you will have to_____.
- No problem.
- OK

