Session 4
In Today’s Session You Will…

• Utilize data to determine the focus of your physical activity of nutrition project

• Create an Action Plan that outlines strategies to advocate for improved health behaviors

• Promote positive health choices among your peers
Three Key Behaviors

1. Eat 3 vegetables and 2 fruits every day
2. Drink more water and less sugary drinks every day
3. Move 1 hour and limit screen time every day
SHA Guidelines

Review our group's agreed-upon norms for our work together.

**EAT**
3 vegetables + 2 fruits

**DRINK**
more water + less sugary drinks

**MOVE**
1 hour every day + limit screen time

**EVERY DAY!**
Choose a Brain Booster

Get your Mind in Motion!
Follow the arrows on Mind in Motion to get your mind and body ready to learn. You can remain seated and follow along with your arms or stand and use your legs.

Just Dance!
Ask a student to lead a dance for 15 seconds. Then choose another student to lead the class in the first dance for 15 seconds and then add on another dance. Continue rotating leaders 5-6 times, adding to the dance sequence each time.

Clear Your Mind
Turn off the lights and encourage students to clear their minds for 2 minutes. Remember to take deep breaths.
Health Goals: Celebrate Small Wins!

Think
What is one small victory you have accomplished, in the last week, making progress toward achieving your goal?

Pair
Find a partner or a group of 3.

Share
Discuss your success and strategies used.
SHA Pictionary

• Get into groups of 4-6 students
• When it is their turn to draw, face the PowerPoint.
• The students not drawing will face the back of the room.
• A word or phrase will be displayed.
• The team facing the PowerPoint will have 30 seconds to draw a picture of the word/phrase as the team facing the back of the room guesses what it is.
• Both drawing and nonverbal communication (gestures) are allowed.
• No peaking!
Pictionary Phrase 1:

Student Health Advocates
Switch Roles!

• If you were guessing last round, move so you can see the PowerPoint. You will now be drawing.

• If you were drawing last round, move so your back is to the PowerPoint. No peaking!
Pictionary Phrase 2:

Eat 3 vegetables and 2 fruits and 3 every day.
Switch Roles!
Pictionary Phrase 3: Goals
Switch Roles!
Pictionary Phrase 4: Gardening
Switch Roles!
Pictionary Phrase 5: **Muscles**
Switch Roles!
Pictionary Phrase 6:

Move 1 hour and limit screen time
Pictionary Phrase 7:

Health Hero

0:30
Switch Roles!
Pictionary Phrase 8: Brain Booster
Choosing Your Project

EAT
3 vegetables + 2 fruits

DRINK
more water + less sugary drinks

MOVE
1 hour every day + limit screen time

EVERY DAY!
Project Example: Physical Activity

*Project Focus: In-class physical activity*

The SHA group noticed that a lot of their peers did not have an opportunity to be active during the school day. They also noticed that their peers enjoyed doing the dances that were popular on TikTok and other social media platforms.

The SHAs worked with teachers to section out time for students to learn line dances at school. The SHAs taught different line dances each week and shared it on the school’s social media. Students had fun doing the dances and they were able to be physically active!
Project Example: Nutrition

Project Focus: Eat more vegetables

The SHA group realized that students at their school were not eating enough vegetables, so they helped their Health Education Coordinator apply for garden grants. They were able to receive enough funding to start their own garden.

The SHAs surveyed students at the school to decide the type of vegetables to plant and they worked with the cafeteria staff to have them serve those vegetables at lunch and when delivering meals.
Project Example: Nutrition

Project Focus: Drink more water

The SHA group noticed that students were drinking more soda and sugary beverages than water, so they made their project all about water! They held “Drink More Water” monthly challenges for all classes to participate.

There was a leaderboard on the school’s virtual learning platform. The classroom that won each month received recognition. They were able to tap into the competitiveness of students and help them stay hydrated! The principal even passed a policy allowing students to have water bottles in the classroom.
Brainstorming Session

Share your 4 ideas for a project from your Session 3 discussion.

Remember your project should:
• Have a clear nutrition or physical activity focus
• Impact your entire school
• Be sustainable
Action Plan

• Determines the target behavior

• Outline project goal
Project Goal

• Explain:
  • What you will be doing
  • Why you are doing it
  • When it will be done

• Example: Throughout the 2020-21 SHA Program, our SHA group will conduct monthly “Drink More Water” challenges at our school to encourage water consumption.
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<thead>
<tr>
<th>Action Items</th>
<th>Who is Responsible?</th>
<th>Resources</th>
<th>Timeline</th>
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Impact/Measure of Success:
Evidence

• What evidence will you have that your project was completed?

Options:
• Post surveys
• Feedback surveys
• Participation logs
Share your objective statement with your school

- Morning announcements
- Social media
- School website
1. I understand the plan we need to complete for our SHA project.
2. Our SHA group has chosen the right project for our school.
3. Our SHA project will positively impact our school.
Healthy Habits Planner Activity

• Complete this week’s Healthy Eating Challenge

• How can completing these challenges every week improve your health behaviors?
See you next time for Session 5