

# BE HEALTHY

## Caregiver Gear Up Lesson

### PURPOSE:

Teach caregivers how to incorporate learning healthy habits into everyday activities. There are many opportunities for learning while doing tasks such as going grocery shopping, cooking, playing outside, or washing our hands. Taking advantage of these opportunities will help your child understand that healthy habits are part of our daily routine.

### LEARNING GOALS:

- To learn how to demonstrate healthy habits to our children.

### POTENTIAL SPEAKERS:

- **Teacher or School Administrator** – Focus discussion on learning opportunities in life and the importance of setting up children for success with their school lunch (i.e., choosing healthy options, serving themselves, opening juice boxes, knowing their allergies).
- **Children’s Librarian** – Focus the discussion on combining movement with learning for children in different situations: counting steps walking downstairs, clapping songs in the car, and looking for colors while on a walk. This will aid children in making connections between things they know about the world and things they have learned. Using movement reinforces the learning process.

### HOSTING THIS SESSION:

- PLEASE READ THROUGH CAREGIVER HANDOUT BEFORE HOSTING THIS DISCUSSION.
- Welcome caregivers back.
- Invite caregivers to share some of the at-home activities they completed with their children from last week’s session.
- Allow caregivers time to ask any questions.
- Give out Caregiver Handout. Encourage caregivers to take notes on the back of the Caregiver Handout.
- Announce today’s theme - **Be Healthy**.
  
- Introduce Guest Speaker and what they will be speaking about today.  
**OR**
- Facilitate discussion using this lesson’s discussion questions.
- Distribute discussion questions to caregivers.
- Have caregiver read question aloud.
- Encourage everyone to answer the questions as a group.

### CLOSURE:

- Encourage questions at the end of session.
- Review what children have learned today. Encourage caregivers to invite children to demonstrate putting on a mask and talk about their favorite foods.