



# HEALTH STARS CURRICULUM: BEHAVIOR

<p><b>Key Messages</b></p>	<p>Key messages to teach during the lesson Messages we will ask about in pre and post evaluations.</p>	<p><b>Every Lesson:</b></p> <ol style="list-style-type: none"> <li>1. Read out loud with your child every day.</li> <li>2. Call 2-1-1 today for help finding food, health care, transportation, and other programs in your neighborhood. 2-1-1 is free!</li> </ol> <p><b>Behavior/Discipline</b></p> <ol style="list-style-type: none"> <li>1. Give two choices</li> <li>2. Avoid “no” and “don’t”</li> <li>3. Make clear rules and stick to them</li> </ol>
<p><b>1. Pretest</b></p>		<p>Distribute and collect pretests</p>
<p><b>2. Book</b></p>	<p><i>Press Here</i> by Herve Tullet</p>	<ol style="list-style-type: none"> <li>1. Review the Reading Parent Education Handout</li> <li>2. Read the book twice through. For the first reading, say, “I wonder what will happen if we press here? Let’s find out!” Read straight through, inviting different children to come up to do the tasks on each page</li> <li>3. Read story again. Ask questions about the pictures on the page, such as: “Did the dots get bigger or smaller?” and “How many blue dots are there?”</li> </ol> <p><b>Suggest to parents:</b> Each time you read this book, do something different. For example point out the P on the cover and find more Ps in the book or focus on counting the dots of one color.</p>
<p><b>3. Parent &amp; Child Activity</b></p>	<p>Dot to Dot</p>	<ol style="list-style-type: none"> <li>1. Put different color dots on the floor</li> <li>2. Direct kids and parents to hop or jump to the color dot you call out.</li> <li>3. Next, have players do silly things when they get to the dot (i.e. “Jump to a blue dot and act like a monkey”). Demonstrate waiting to get everyone’s full attention before giving the next direction.</li> <li>4. Start giving more complicated directions, i.e. “Jump to a blue dot and spin in one circle, then tiptoe to a green dot and touch your nose.”</li> <li>5. Demonstrate praising kids that follow directions (“I like how you quietly waited for me to tell you what to do next” “I like how you only hopped two times, great job listening to directions!”)</li> </ol> <p>If parents are there with babies, they can hold the baby while they follow directions and tell them what they’re doing.</p>
<p><b>4. Snack</b></p>	<p>PB and Fruit Faces (Whole grain bread, peanut butter, frozen berries/fruit)</p>	<ol style="list-style-type: none"> <li>1. Use a cookie cutter or small bowl to cut whole grain bread into circles</li> <li>2. Spread peanut butter (or almond butter) onto the circle</li> <li>3. Use the chopped up fruit to make silly faces</li> </ol>
<p><b>5. Discussion</b></p>	<p>Review of Parent Education sheet</p>	<ol style="list-style-type: none"> <li>1. Engage parents in conversation about behavior, discipline, and parenting.</li> <li>2. Be sure to review each of the key points and expand where necessary.</li> <li>3. Give parents the opportunity to ask questions about behavior/parenting or any other health issue they have a question about</li> <li>4. Give each parent the Behavior &amp; Parenting Parent Education handout</li> </ol> <p>***If needed, give children coloring sheets to keep them entertained</p>
<p><b>6. Parent &amp; Child Activity</b></p>	<p>Calming Strategies</p>	<ol style="list-style-type: none"> <li>1. Talk about calming strategies for parents and children. Practice these techniques together.             <ol style="list-style-type: none"> <li>a. Deep breathing</li> <li>b. Fun and calming breathing for children – see Resources Page</li> <li>c. Visualization</li> <li>d. Counting to 10</li> </ol> </li> <li>2. Ask everyone to write down what they will do next time they get upset.</li> </ol>
<p><b>7. Song</b></p>	<p>Walter the Waltzing Worm</p>	<p>Give each parent a piece of string to be Walter. Have them Wriggle Walter over their child’s body as the song directs.</p>
<p><b>8. Posttest</b></p>		<p>Distribute and collect posttests</p>



# Resources

## Fun and Calming Breathing Techniques for Children

1. **Whale Breath:** Take a deep breath in through your nose and hold it while you count to five. Then tilt your head up to forcefully exhale through your blow-hole (your mouth). This is good when you're angry and need to calm down.
2. **Bumble Bee Breath:** Close your eyes and plug your ears. Inhale through your nose and quietly hum as you exhale, just like a bumble bee! Notice the vibrations in your head.
3. **Bunny Breath:** Pretend you're a bunny sniffing a fragrant flower. Take three quick inhales through your little bunny nose then one long exhale through your mouth. Repeat at least three times.
4. **Straw Breath:** Make your tongue into a "straw" shape by curling both sides up. Deeply inhale through your tongue straw and imagine you're slurping up a cool, refreshing glass of water. Exhale through your nose. Use this breath to cool down on hot days.
5. **Snake Breath:** Breathe in through your nose, then slowly and smoothly breathe out with a hissing noise for as long as you can. Try this breath seated or doing cobra pose, arching through the inhale and then slowly returning to your belly during your hissing exhale.
6. **Dragon Fire Breath:** Interlace your fingers underneath your chin. Inhale and lift the elbows up so they frame your face and your chin is resting on your interlaced fingers. Exhale, lifting your head up while you whisper "hah", like a dragon breathing fire. At the same time, bring your elbows back down so they touch each other. Use this breath when you're tired and need energy or you're feeling scared and need the bravery of a dragon.

(Sources: <https://kiddingaroundyoga.com/blog/kids-breathing-pranayam-teach/>; <http://www.cosmickids.com/read/five-fun-breathing-practices-for-kids/>)