

DRAFT

GD-000-05

**Draft Get Active in Class with Zowzoo
Nutrition Education Lesson**

Lesson Description

This physical activity lesson for children features Zowzoo a loveable creature who has forgotten how to play. During this class children, their parents and the class instructor dance along with the video to help Zowzoo remember. The lesson and video are geared toward children ages 3-5.

Objectives

- During the class children and parents will:
 - be physically active during at least 2 of the Zowzoo dances.
 - demonstrate at least 1 animal dance move from the Zowzoo video.
- After attending the class the parents will be able to specify a reason why physical activity is important for their child.

Materials Needed

- *Zowzoo Children's Physical Activity Video* in English, stock no VC7820 and DVD stock no DV7819.
- *Zowzoo and Friends* book (optional, stock no. 13-06-12213)
- *Zowzoo stickers* (optional)
- *Bilingual poster* (optional, stock no 13-06-12214)

Handouts:

- *Zowzoo Children's Physical Activity Video* in English, stock no VC7820 and DVD stock no DV7819.
- *Physical Activity and Your Child Ages 3-5* (attached)
- *Zowzoo Feedback Form* (attached)

Note about Zowzoo Lesson Survey Forms

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece
Texas Department of State Health Services
Nutrition Services Section
1100 W. 49th St
Austin, TX 78756

- Please read through the entire lesson and watch *Zowzoo* prior to teaching the lesson for the first time.
- Be sure you have enough videotapes and/or DVDs to give each child for participating. This lesson involves physical activity. Clear all of the tables and chairs before you start your class. You will need space for parents and children to move around in the room.
- The video for this class is 26 minutes in length. If you show the entire video the class will take about **40 minutes**. To **condense** the video:
 1. Use the condensed introduction and start the videotape from the “monkey scene”. This class will take about **30 minutes**.

OR

2. Use the condensed introduction and select the “dance only” version on the DVD. This class will take about **30 minutes**.

Icebreaker

Ask parents and children to go around the room and name one physical activity or game they like to play outside.

Full and Condensed Video Introductions**Full video introduction**

- Say something like, “Today we are going to watch and dance along to a show about Zowzoo a loveable creature that has forgotten how to play.” (Show the kids a picture of Zowzoo.) “As a special treat, at the end of class you’ll get to take a copy of the *Zowzoo video* home with you to keep.”

Condensed video introduction

- Say something like, “Today we are going to watch and dance along to a story about Zowzoo. (Show the kids a picture of Zowzoo.) As a special treat, at the end of class you’ll get to take a copy of the *Zowzoo video* home with you to keep.”
- “Once upon a time Zowzoo was a magical creature. He used to dance and play with his friends every day. He could swim, jump, climb, and even fly, but now he has forgotten how. Would you guys like to go on a magical adventure to help Zowzoo remember how to play?”

Play Video

- If you are doing a condensed version of the class be sure to select “dance only” on the DVD or start the video at the “monkey scene”.
- Participate and dance along with the video to lead the class.
- Stand near the TV and do the moves in the front of the classroom.
- Ask the parents to do it along with their kids.
- This lesson can really be fun for you and the class. **The more enthusiastically you dance along and have fun, the more the kids and the parents will want to participate.**

Ideas for Interacting with the Audience

- Make positive comments during the dance scenes, say things like
 - You're doing great!
 - Keep dancing!
 - That was fantastic!
- During the video ask the kids questions and make positive statements such as:
 - Do you guys want to go? Let's all stand up and do what the lady in blue does.
 - Do you like bananas?
 - Have you ever seen a rooftop garden?
 - I love to drink water when I'm thirsty too, how about you?
 - Wow did you guys just see that, Zowzoo got some sparkles. Do you think it was because he drank water?
 - What kind of bird are you?
 - Did you guys see that Zowzoo has sparkles! It looks like he's starting to remember. Do you think he's getting his magic back?
 - Who here likes oranges? I love oranges too!
 - Do you guys like to help cook? I love to cook with my family.
 - Show me how you give your mom/dad a bear hug.
 - Everybody do the "Zowzoo dance" and dance like Zowzoo.
 - That was fantastic! You guys did a great job!

Optional Activity

- During the rooftop garden scene the kids are thirsty and they learn that water is the best thing to drink when they are thirsty. To reinforce this point, buy some small water bottles and hand them out to the class after you've finished watching the video.
- Give out oranges or bananas for the audience to eat as a snack after the show.
- Try an activity from the attached *Activities for Your Child List*.

After the Video Discussion/Evaluation (ask at least 2 of the 4 questions)

1. **Kids, did you like dancing with your mom? Was it fun? Did your mom look funny when she was swinging her arms like a monkey?**

Discussion Point:

Moms, just like the kids helped Zowzoo learn to be active and play again, you are the main example to help your child play and be active.

2. **Why do you think Zowzoo was grumpy at the beginning?**

Possible Answers:

- The food he was eating.
- He'd forgotten how to play.

3. **How did Zowzoo learn to play again?**

Possible Answers:

- We taught him how.
- He saw all of us dancing.
- He saw his friends dancing.
- He remembered when he started to dance.

4. Why was it important for Zowzoo to remember how to play?

Possible Answers:

- to have fun
- to feel better
- to be magical again

Discussion Point:

Active play, like the way Zowzoo and his friends like to play, helps you learn how to do new things and it helps you build healthy bones and strong muscles. It's important to play and be active every day.

5. Thank the class for helping Zowzoo get his magic back by reminding him how to play.
6. Handout the *Zowzoo* DVD's or Videos and the *Physical Activity and Your Child ages 3-5* handout. You can also give each child a *Zowzoo* sticker and *Zowzoo and Friends* book.

Draft Physical Activity and Your Child- Ages 3-5

Your child naturally loves to play in a creative and active way. Active play is an important part of your child's health and development.

Movement and physical activity help your child:

- Develop her brain and learn new skills.
- Use the energy found in food to maintain a healthy weight.
- Build strong, healthy bones and muscles.
- Prevent heart disease, diabetes, high blood pressure, high cholesterol, obesity and cancer.

As a parent, you have the greatest influence on your child. If your child sees you regularly participating in activities you enjoy, he will learn that physical activity is fun and important.

Try some of these activities with your child.

Zowzoo animals

Ask your child to act like the animals in Zowzoo

- Hop like Rabbit
- Hang like Monkey
- Fly like Parrot
- Bear hug like Polar Bear
- Dance like Zowzoo

Make Believe Walk

Ask your child to pretend he is walking:

- in a jungle
- in the arctic
- on the moon
- in the mud
- on hot sand

From Here to There

Ask your child to run, skip, hop, wiggle, or dance between two different points. Then let your child tell you how to get between two points.

Walk the Line

Use chalk to draw a line or use a crack in the sidewalk. Ask your child to balance while they walk the line. Show your child how to do it.

Obstacle Course

Set several pillows in a row leaving a space large enough for your child to jump between. Ask your child to jump over the pillows.

Balloon Bop

Throw the balloon up in the air and ask your child to hit the balloon with a particular body part like leg or arm. Let your child throw it back and tell you which body part to use to hit the balloon. For children under 3, try rolling a ball back and forth.

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Draft Staff Survey

LA# _____

Date _____

1. Which of the optional activities did you do during the class?

- Gave water to attendees.
- Gave oranges to attendees.
- Gave bananas to attendees.
- Did an activity from the *Physical Activity and Your Young Child* handout.
- None

2. What did you like about this class?

4. What would make the class better?

5. What sections of the video did the kids seem to respond to or dance to the most?

(It doesn't matter if the kids did the dance moves correctly or not.)

Video Scene	Most Kids Danced	Some Kids Danced	Very Few Kids Danced	No Kids Danced
Jungle (monkey)				
Rooftop Garden Rabbit				
Orchard (Parrot)				
Arctic (Polar Bear)				

6. What suggestions do you have for the State Agency about making or buying more videos like *Zowzoo* in the future?

7. How did participants respond to the class? Participation was (check one)

- Strong Moderate Very little No

8. Do you plan to use this lesson again?

- Yes No

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Texas Department of State Health Services
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Thank you for your answers!

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Draft Participant Survey

LA# _____

Date _____

1. My ethnic group is:

___ White

___ Asian

___ Hispanic

___ Native American

___ African American

___ Other

Please answer the following questions about your oldest child in WIC who watched *Zowzoo* today.

2. My child's age is: _____ Years _____ Months

3. My child is a **boy/girl** (Circle one) who watched *Zowzoo* in **English/Spanish** (circle one).

4. Overall, how much did you child move to each of the following scenes in *Zowzoo*? (Circle your answer)

	Didn't move			Moved a lot
Jungle (Monkey) scene	0	1	2	3
Rooftop Garden (Rabbit) scene	0	1	2	3
Orchard (Parrot) scene	0	1	2	3
Arctic (Polar Bear) scene	0	2	2	3

5. On a scale of 1 to 4, **circle how much** you agree with each of the following statements:

	Not at all			Very Much
I liked the video.	1	2	3	4
My child liked the video.	1	2	3	4
I danced to the video with my child.	1	2	3	4
The video gave me new ideas for helping my child be active.	1	2	3	4
The class gave me new ideas for helping my child be active.	1	2	3	4
WIC should do more classes like this.	1	2	3	4

6. **What is the most important thing you learned in class today?**

7. **What would make this class better for you?**

8. **Comments:**

Thank you for your answers!