April 10, 2019 Webinar

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Skills, Attitudes & Behaviors

A team of Advisors, Educators, and Specialists developed grade-level spreadsheet for each correlate.

<table>
<thead>
<tr>
<th>Grades</th>
<th>Common Themes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (age 6)</td>
<td>Breakfast options: low sugar, fiber, whole grains</td>
</tr>
<tr>
<td>2 (7-8)</td>
<td>Choosing real foods, TV time</td>
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<tr>
<td>3 (9-10)</td>
<td>Choosing a &quot;healthy breakfast&quot; using MyPlate</td>
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<tr>
<td>4 (11-12)</td>
<td>Morning routine, packing breakfast for school</td>
</tr>
</tbody>
</table>
Objectives

Childhood Obesity Prevention

- Wake<sup>UP</sup>
- Eat<sup>UP</sup>
- Drink<sup>UP</sup>
- Get<sup>UP</sup>
Sleep ten hours at night to feel just right.

- Have a bedtime routine.
- Have a consistent bedtime.
Select the right food for a better mood.

- Make half your plate fruits and vegetables
- Eat a variety of colors of fruits and vegetables
- Less fast food
- Healthy choices when eating out
- Breakfast as a daily habit
- Choose smaller sized portions of energy dense foods
- Choose larger sized portions of nutrient dense foods
Choose water first for thirst.

- Reduce sugar-sweetened beverages
- Increase water
- Choose 100% juice in moderation
Get UP

Move and play at least an hour a day.
• Reduce leisure screen time
• Increase amount of daily physical activity
• Improve attitude toward movement as fun
County Requested Needs

- Attractive and marketable materials
- Packaging and extender delivery
- Preparation time
- Supplies
21st Century Learning Framework

• No teacher curriculum
• Student driven
• Inquiry-based activities
• Reflection and goal
Learning and Innovation Skills

Learning and innovation skills are what separate students who are prepared for increasingly complex life and work environments in today’s world and those who are not. They include:

• Creativity and Innovation
• Critical Thinking and Problem Solving
• Communication
• Collaboration
POLL QUESTION: Have you heard of 21\textsuperscript{st} Century Learning?

• Yes, and I use the framework techniques often when working with students
• Yes, but I have never used framework techniques in the classroom
• No, never heard of 21\textsuperscript{st} Century Learning before today
Life and Career Skills

Today’s students need to develop thinking skills, content knowledge, and social and emotional competencies to navigate complex life and work environments. P21’s essential Life and Career Skills include:

• Flexibility and Adaptability
• Initiative and Self-Direction
• Social and Cross-Cultural Skills
• Productivity and Accountability
• Leadership and Responsibility
SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

**SELF-AWARENESS**
- The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior.
- The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”
  - IDENTIFYING EMOTIONS
  - ACCURATE SELF-PERCEPTION
  - RECOGNIZING STRENGTHS
  - SELF-CONFIDENCE
  - SELF-EFFICACY

**SOCIAL AWARENESS**
- The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.
- The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.
  - PERSPECTIVE-TAKING
  - EMPATHY
  - APPRECIATING DIVERSITY
  - RESPECT FOR OTHERS

**RESPONSIBLE DECISION-MAKING**
- The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.
  - Identifying problems
  - Analyzing situations
  - Solving problems
  - Evaluating
  - Reflecting
  - Ethical responsibility

**SELF-MANAGEMENT**
- The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself.
  - IMPULSE CONTROL
  - STRESS MANAGEMENT
  - SELF-DISCIPLINE
  - SELF-MOTIVATION
  - GOAL SETTING
  - ORGANIZATIONAL SKILLS

**RELATIONSHIP SKILLS**
- The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.
  - COMMUNICATION
  - SOCIAL ENGAGEMENT
  - RELATIONSHIP BUILDING
  - TEAMWORK
Activity 2 – How do you choose to spend your time?

• Activity Introduction
• Instructions
• Reflection
• Goal
• Scissors icon
Activity 4-What fruits & vegetables will you discover and try?

Circle:
Problem Solving?
Collaboration?
Communication?
Activity 5 - How can you make your water intake measure up?

- Common Core State Standards
- Grade Level Specific
Activity 5

Strategy:

“I add slices of fruit (lemon, lime, orange, cucumber, etc.) to my water to add flavor when I crave variety.”
Activity 7 - How would you build a better bedtime routine?

1. Self-confidence
2. Self-efficacy
3. Impulse control
4. Stress management
5. Self-discipline
6. Self-motivation
7. Goal Setting
8. Organization Skills
9. Communication
10. Identifying problems
11. Analyzing situations
12. Solving problems
13. Reflecting
County Experiences

- **UP4it** was evaluated in the spring of 2018 during formative field testing. Students (n=122) completed EFNEP pre/post evaluations.

- 72% of children improved their ability to choose foods according to Federal Dietary Recommendations.

- **UP4it** Teacher Observation Tool feedback from one teacher indicated that in 9/10 areas, students showed improvement.

“Excellent!”

“These programs greatly inspire me to include more health education throughout the school year.”

“Fantastic program. Very kid friendly.”
In-person training

• May 14th, Woodland (north of Davis)
• May 22nd, Riverside
• ?? Fresno