



## TRAINING ACTIVITIES OUTLINE

Slide	Activity	Materials	Time
1-7	<b>Introduction &amp; Overview</b>		5 mins
8-10	Warm-up & Sample Lesson: Do the Wellness Stretch		5 mins
11	<b>Unit 1 Overview: Every Part Counts!</b>		5 mins
11	Categorize & Connect	<ul style="list-style-type: none"> <li>• Worksheet</li> <li>• Pencils</li> </ul>	10 mins
12-16	Icebreaker & Sample Lesson: Spin a Wellness Web	<ul style="list-style-type: none"> <li>• 3 Balls of yarn</li> <li>• Post-it notes and tape</li> <li>• Black markers</li> </ul>	20 mins
17	<b>Unit 2 Overview: Every Bite Counts!</b>		
17-20	Meal Planning Activity	<ul style="list-style-type: none"> <li>• MyPlate worksheet</li> <li>• Student Reference Materials</li> </ul>	30 mins
21	Snack Break	<ul style="list-style-type: none"> <li>• Snack ingredients</li> <li>• Plates</li> </ul>	20 mins
22-24	<b>Unit 3 Overview: Every Move Counts!</b>		
25-29	Desk Exercises		15 mins
30-31	Yoga Breathing Wind-Down		5 mins
32-35	<b>Rest &amp; Reflect: What have we learned?</b>		10 mins