**Month:** February 2020

**Theme:** Healthy Heart: Lesson 8

**I. Objective of lesson**:

1. Developing a fun way to move

2. How you can incorporate healthy eating in fun events

3. Learn to set next goal for the next month

**II. Activities and Key learning points: Time: 30 mins**

Activities and Key learning points

Red team (Center based program)

1. Have participants help set up party
2. Create space
3. Set up healthy food
4. Set up music
5. Dance Party
6. Place movement in their binders
7. Set up next month on how you will add fun with movement to the next month and begin working on March’s theme of healthy mind and body

Blue team (Center/community based programs)

1. Have participants help set up party
2. Create space
3. Set up healthy food
4. Set up music
5. Dance Party
6. Place movement in their binders
7. Set up next month on how you will add fun with movement to the next month and begin working on March’s theme of healthy mind and body

Green Teams (Community Based)

1. Have participants help set up party
2. Create space
3. Set up healthy food
4. Set up music
5. Dance Party
6. Place movement in their binders
7. Set up next month on how you will add fun with movement to the next month and begin working on March’s theme of healthy mind and body

**IV. Supplies needed**

1. Music
2. Healthy foods
3. Binders
4. Calendar of march

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)