**Month:** June 2020

**Theme:** Community: Lesson 21

**I. Objective of lesson**:

1. Discover a variety of community options for movement and why it is important to get out into the community

2. Learn different ways to get moving

3. Plan 3 community outings for the next 3 weeks in locations that the group does not usually go visit. One in a park, one in an area village or public market, and one at High Falls or Genesee Country Museum.

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

Activities and Key learning points

Red team (Center based program)

1. Discuss what activities they already like to do outside of their home.
   1. Get in a circle, seated or standing, with one staff in the center of the circle
   2. Staff initiates by gently tossing a ball to a person in the circle and asks them what they like to do outside of the home. Continue with several people.
   3. Another staff writes the ideas on a white board or chart paper.
2. Discuss other movement activities that are available in the community.
   1. Ask the group to do a subtle physical movement, such as touching their toes, stomping their feet, etc, after they are asked if they like going to or have they ever been to parks, the Erie Canal, museums, Genesee Country Museum, gyms, farmer’s markets, etc.
   2. Another staff writes the places down on Post It Notes, one idea per Post It Note.
3. Group the suggestions into 3 groups with 3 signs which state the following:
   1. Villages and Public Markets
   2. Parks
   3. Museum or historical area (High Falls or Genesee Country Museum)
   4. Assist each person in identifying the Post It Note and which of the 3 groups it belongs to. Have the person put their Post It Note under the correct sign.
4. Choose one of the community places from each group to visit in the next couple of weeks.
5. Write in Healthy Binder the choices that were decided upon for the next 3 weeks.

Blue team (Center/community based programs)

1. Discuss what activities they already like to do outside of their home.
2. Discuss other movement activities that are available in the community
   1. Ask the group to do a subtle physical movement, such as touching their toes, stomping their feet, etc, after they are asked if they like going to or have they ever been to parks, the Erie Canal, museums, Genesee Country Museum, gyms, farmer’s markets, etc.
   2. Another staff writes the places down on Post It Notes, one idea per Post It Note.
3. Group the suggestions into 3 groups with 3 signs which state the following:
   1. Villages and Public Markets
   2. Parks
   3. Museum or historical area (High Falls or Genesee Country Museum)
   4. Assist each person in identifying the Post It Note and which of the 3 groups it belongs to. Have the person put their Post It Note under the correct sign.
4. Choose one of the community places from each group to visit in the next couple of weeks.
5. Write in Healthy Binder the choices that were decided upon for the next 3 weeks.

Green Teams (Community Based)

1. Discuss what activities they already like to do outside of their homes.
2. Discuss other movement activities that are available in the community, include visiting parks, Erie Canal, museums, Genesee Country Museum, recreation centers, gyms, farms, farmer’s markets, etc.
3. Group the suggestions into 3 groups asking everyone to help:
   1. Villages and Public Markets
   2. Parks
   3. Museum or historical area.
4. Choose one of the community places from each group to visit in the next couple of weeks.
5. Write in Healthy Binder the choices that were decided upon for the next 3 weeks.

**IV. Supplies needed**

1. Post It Notes / Chart Paper or white board
2. Pictures of activities, community places such as parks, villages, farms, farmer’s markets, gyms, recreation centers, and museums
3. List of community places the group could visit and staff can use to refer to in order to guide the discussions.
4. Healthy Binders

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)