

Skills Practice Topics - HFGU

Session 1

Looking after ourselves

Lead in and whole group activity

Session 2

A healthy balance

Lead in, half-group activity, start of whole group activity

Children's self-esteem

Lead in, first whole group activity, start second whole group activity

Session 3

Portions and portion sizes

Lead in, pairs activity, feedback and discussion

Understanding children's behaviour

Lead in and whole group activity

Session 4

Parenting styles

Lead in and whole group activity

Asking for what we want (CAR)

Lead in, whole group and pairs activity

Session 5

Understanding food labels

Lead in, whole group activity and start feedback and discussion

Growing up with healthy teeth

Lead in, whole group activity, feedback and discussion

Session 6

Open questions

Lead in, whole group activity and discussion

Session 7

Sleep & screen time

Lead in, half group activity, start feedback and discussion

Limits and boundaries

Lead in, half group activity, summary and link, start of whole group activity

Session 8

Emotional associations with food

Lead in, half-group activity, start feedback and discussion

Body image

Lead in, pairs and whole group activity, feedback and discussion