Skills practice topics – *Healthy Families Growing Up*

Access to slide templates for online delivery:

<https://www.henry.org.uk/hfgu-resources-8-week-programme>

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| **Session 1 – Looking after ourselves**  Lead in and whole group activity.  Watch HF video 1: <https://youtu.be/b9nYX94dTUo>  **Session 2 – Children’s self-esteem**  Lead in & whole group activity  Watch HF video 2: <https://youtu.be/Gq0b66W78fw>  **Session 3 – Empathy**  Lead in & whole group activity.  Watch HF video 3 <https://youtu.be/G9g7rMfGFqo>  **Session 4 – Holding boundaries**  Lead in and whole group activity  Watch HF video 4: <https://youtu.be/wwznxQmuL_c>  **Session 5 – Growing up with healthy teeth**  Lead in and whole group activity (go as far as you can in the time available)  Watch HF video 5: <https://youtu.be/vBVxo-QD-40> | **Session 6 – Mealtime game**  Lead in, first whole group activity and start of second one (time too limited for all of second activity)  *Examples of mealtime game questions in online resource section for session 6*  Watch HF video 6:  <https://youtu.be/dbifjp4myyy>  **Session 7 – Sleep & screen time**  Lead in, whole group activity & start feedback & discussion section  Watch HF video 7: <https://youtu.be/ullzBN9VSos>  **Session 8 – Emotional associations of food**  Lead in, whole group activity and start feedback & discussion.  Watch HF video 8: <https://youtu.be/0oSUbMRdeX4> |