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 activityWatch 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 activityWatch 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> |