

Session 1: *I Can Be Healthy*

OVERVIEW:

Key Concept

Being healthy includes eating good food, being kind to others and talking to God.

Objectives

In this session, preschoolers will:

- Be introduced to *Kids Like Me!*
- Discover things they can do to be healthy.
- Be introduced to Acts of Kindness.
- Learn that they belong to God!

Bible Basis:

Daniel Eats Only Healthy Food (Daniel 1:1-20)

Psalm 100:3 – God made us and we belong to Him.

Session Outline

Welcome! (25 – 30 Minutes)

Activity Centers of your choice

Session Theme Activity: I Can Be Healthy Matching Game

Circle Time (10 – 15 Minutes)

Gathering and Centering

What Are We Doing Today?

Group Rules

Introduction to Session Theme: I Can Keep Myself Healthy

Activity Time (10 – 15 Minutes)

Acts of Kindness

Intermission (15 – 20 Minutes)

Bathroom/Snack/Game/Music

Small Group Bible Time (10 – 15 Minutes)

Bible Story: Daniel Eats Only Healthy Food (Daniel 1:1-20)

Healthy Foods Activity Sheet

Bible Verse: Psalm 100:3

Prayer Time

Closing Circle (5 Minutes)

Review Psalm 100:3

GOD MADE ME SPECIAL Affirmation

Wrap-Up (15 – 20 Minutes)

Quiet Games & Activities

Materials and Preparations

Portable CD player and quiet background music CD's.

Plastic Name Badge holders (3 x 4") with children's names printed on inserts.

Supplies for opening activity centers; see session plan for details.

Velcro Board. See the Introduction pages of this manual for details on making the Velcro Board.

A puppet that you will use every week to introduce the lesson.

Session Agenda and *Group Rules* cards, colored, cut apart and laminated.

Add a small strip or circle of Velcro to the back for use on the Velcro Board.

Copies: *I Can Be Healthy* Matching Game Sheets, *Being Kind* Activity Sheets, *Healthy Foods* Activity Sheets, *Parents' Information Letter* and *Early Childhood Session 1 Summary* for parents.

GROUP LEADER NOTE: A copy of all posters, activity sheets and handouts are found at the end of this session plan to help you with lesson planning. A CD containing all the handouts in PDF files is also included with this curriculum.

A simple, healthy snack.

A prayer notebook or prayer boxes (one labeled "Requests" and another "Answers").

OPTIONAL:

An individual tote box for each child, containing a small box of crayons, scissors, a pencil and other small items children will need for group.

A preschool book about being kind (see session plan for suggested title).

Coloring pages of Daniel eating only healthy foods in the king's court.

If needed, materials for quiet activities to end the session. See Wrap Up for details.

GROUP LEADER NOTE: as many of the children will have learning differences (see Appendix F), remember to:

- Give only ONE direction at a time; wait until that direction is followed before giving another.
- Copy handouts on COLORED pieces of paper.

Session Plan

Welcome! (25 – 30 Minutes)

Have quiet music playing as children enter the room. **Greet** each child by name as they arrive and help them put on a name tag. **Direct** them to tables for the opening activity.

Opening Activity: *I Can Be Healthy Matching Game*

Leaders sit with the children at the tables to **guide** them to complete the activity and begin building relationships with them. Once children complete the activity, **direct** them to activities in other areas of the room (see below).

Activity Centers of Your Choice

GROUP LEADER NOTE: All group leaders need to be actively involved with the children at the various activity centers during this time. Use the Guided Conversation ideas listed below to interact with them and build relationships.

Each week, **provide** two or three activities for children to enjoy during this time. **Vary** the activities from week to week. Ideas include:

Play dough with rolling pins and cookie cutters	Dollhouse
Puzzles	Drawing paper or coloring sheets
Story books	Cars and trucks
Building blocks	Simple crafts
	Anything children will enjoy!

Guided Conversation

On this first night of group, ask lots of “getting to know you” questions, such as: How old are you, do you go to school (preschool), do you have any brothers or sisters, do you have any pets, etc. You can also ask children more theme related questions, such as: What did you eat for breakfast/lunch today, what do you usually eat for snacks, do you like to play outside, who are your friends, etc. Be sure to tell children about yourself, too.

Circle Time (10-15 Minutes)

Gathering and Centering

Each week you will use a **signal** to let children know it is time to **move** to the area of the room designated for circle time. This signal can be singing or playing a simple song, clicking the lights several times or ringing a chime.

Group Leader Note: Mark the boundaries of the circle time area in some way, such as with masking tape or by using carpet squares. This will allow children to know exactly where to go and make the transition smoother.

Once children are settled, **start** the quiet music again. **Say:** *To get ready for our group, it helps to be quiet for just a minute. Let's see how quiet we can be. Have children **place** their hands in their laps and either close their eyes or look at their hands. **Say** (in a quiet, soothing voice): *Now let's all slowly take a deep breath through your nose (breathe in) and hold it (pause) and then quietly let it out through your nose (breathe out). **Pause.** Let's do that one more time. **Repeat** and then **pause** for a few moments more while children listen to the music. Then **say:** *When you are ready, you may look at me, but no talking yet. **When** everyone is looking, **say:** Thank you for being quiet with me! Now we are ready to start our group!***

What Are We Doing Today?

Show children the Velcro board. **Say:** *Each week we will use this board to tell us what we are going to do during our group. As we finish each thing, we will remove that item from our board so you will always know what comes next. **Ask:***

- *Who would like to remove "Say Hello" and "Quiet Time" right now?*
Choose two volunteers to remove the strips.

Group Leader Note: Using the Velcro board in this way teaches children the skill of sequencing. It also adds to their sense of security in the group, as they will always know what to expect during the meetings.

Group Rules

Point to the other side of the Velcro board. **Say:** *On this side of our board we will show the rules we will have for our group. **Ask:***

- *What do rules do for us? Help us get along better, have fun and stay safe.*
- *Do you have any rules at home? If they do not know, ask:*
- *Are you allowed to play in a busy street? No. Why not? It is a rule to keep us safe.*

Lay out the Group Rules strips where all the children can see them. **Say:** *These strips will help us remember the rules we have for our group. These rules help us stay safe and be kind to one another. Choose volunteers to place strips on the board, stopping to discuss each one as it is added:*

1. **We will keep our hands and feet to ourselves.** *This means no hitting or kicking.*
2. **We will use only kind words.** *This means no yelling at someone else or name-calling.*
3. **We will listen when others are talking.** *During sharing times, everyone is quiet when someone else is speaking.*

GROUP LEADER NOTE: To facilitate this rule, you may want to use a stuffed animal or another object as a talking object during circle time. Only the person holding the object may speak; everyone else listens.

*There is one last thing I want you to know. **Your safety is important to us!** During group, the leaders will make sure everyone follows the rules so we will all be safe here. But we want you to be safe at other times, too. That means if we find out you are not safe somewhere, or someone is hurting you in some way, we will do everything we can to help you.*

Group Leader Note: It is vital that these agreements are consistently followed. This is the only way the atmosphere of safety, essential to the group process, can be maintained. Post and read these agreements at the beginning of EVERY group meeting! Remember to use positive recognition, praise and giving of stickers to help children remember and follow the rules.

Introduction to Session Theme

Say: *Welcome to Kids Like Me! This is a group where families can come to learn new things about taking care of themselves and being healthy.* **Ask:**

- *What does it mean to be healthy?* Children share ideas. Possible responses: taking good care of our bodies so we are strong and don't get sick; understanding our feelings, especially difficult ones like anger; having good friends and being a good friend. Add your own responses.

Keeping ourselves healthy is very important, and not always easy to do! In our group, we will learn many new things about how to do it. We will hear stories, make things and play games. But right now, I want you to meet a friend of mine.

Show the puppet. **Say:** *This is my friend, Scruffy (give your puppet friend a name). Scruffy is part of our group and will be here every week, too. He's a little shy. Have puppet **whisper** something in your ear. Scruffy says he is a little scared because he doesn't know any of you.* **Ask:**

- *Would anyone like to tell Scruffy how you felt about coming to group tonight? It might help for him to know that he is not the only one who feels a little scared!* Volunteers share with Scruffy.
- *Now let's tell Scruffy our names, so we can all get to know each other.* Children tell Scruffy their names.

Puppet whispers in your ear. **Say:** *Scruffy says he is not scared anymore, but he is feeling a little sick. **To puppet:** Why is that? Puppet **whispers.** Scruffy says he has an upset tummy and a headache because he stayed up very late last night watching TV! Because he was so tired, he fell asleep and missed dinner!*

To puppet: *No wonder you aren't feeling well, Scruffy! Do you always stay up late to watch TV?* **Puppet nods/shrugs. Ask:**

- *Can anyone tell Scruffy some better ways he can take care of himself?* Children share their ideas: Go to bed on time, don't watch so much TV, eat dinner.

Say: *You gave Scruffy great advice! Now let's see if we can learn some more things about keeping ourselves healthy, because that is what our group is all about!*

Before moving on ask: *Who would like to remove the Circle Time strip from our board?* Choose a volunteer.

GROUP LEADER NOTE: Divide children into as many small groups as you have leaders in the room. Try to keep the groups to no more than four children per leader. As much as possible, keep these same groups together each week. This will allow children to develop a close relationship with their leader, an important part of building trust. See Introduction section in this manual for more information.

Activity Time (10-15 Minutes)

Acts of Kindness

GROUP LEADER NOTE: Research findings (Asset Development, Resiliency Studies) tell us that an important part of living a healthy life is the ability to see beyond ourselves and recognize our connection to our world. This is especially true for high stress children who typically grow up feeling isolated and alone. Kindness is an attitude toward life that is developed by being exposed to, and engaging in, acts of kindness. Even children can do simple acts of kindness. Therefore, throughout this series, the children will be included in the *acts of kindness* assignment. As with the older groups, these acts of kindness will be reported and added to a list each week. It is important that you check in with children **every week** about what they have done for others. The repetition will ground children in reaching out to others in kind ways.

Say: *There is something very special the older kids do in Kids Like Me! and we're going to do it, too. We are going to practice being kind to others. Did you know that being kind to others helps keep us healthy?*

OPTIONAL: To introduce the Acts of Kindness activity, read a preschool book that illustrates being kind. **Recommended title:** When I Care About Others, C. M. Spelman, Albert Whitman; 2002; ISBN#: 0-8075-8898-9 (paperback).

Distribute copies of *Being Kind* Activity Sheets. Have children color the sheets as you talk about each picture. For each picture, **ask:**

- *What is happening in this picture?*
- *Is this a kind thing?* If it is, children circle it. If not, cross it out.

As they finish coloring, **say:** *This week, I would like each of us to do something kind for someone. Ask:*

- *What are some really easy things we could do to be kind? Help children think of ideas, such as setting the table for dinner without being asked; sharing the last cookie with your brother or a friend; filling up the dog's water dish if you see it is empty; helping carry in bags of groceries for mom, foster mom or a neighbor; making a card to give to someone who is sick or just to say "I love you."*

Let's all try to remember to do something kind this week. Next week, we will make a list of what everyone does. I will tell you about something kind I did for someone, too. Maybe even Scruffy will have something to share!

Have children **clean up** the tables. **Ask:** *Who would like to **remove the Activity Time strip** from our board?* Choose a volunteer to remove the strip from the Velcro Board.

Intermission (15-20 Minutes)

Bathroom

Direct children to **line up** at the door. When everyone is lined up, quietly walk to the bathrooms. Be sure children wash their hands before returning.

Snack

Say: *Now it is snack time. When it is snack time, we will all sit at the table. When it is quiet, I will choose volunteers to help me pass out the snack. Everyone will stay seated until I give you another direction. Is everyone ready? **Choose** volunteers to distribute tonight's snack.*

Active Games/Music

By this time in the evening, children will need some active activities. If space, weather and light allow, take children outside on a walk or to use a playground. If you must stay indoors, play any age appropriate children's game. You can also play songs from a children's CD and have the children sing along with you and the CD. Choose songs to which you can add motions or actions (i.e., Farmer in the Dell). Look for game books and children's CD's in larger bookstores, teacher supply stores or on-line.

Before moving on, **say:** *Our break time is now over. Who would like to **remove the Take A Break strip** from our board? **Choose** a volunteer.*

Small Group Bible Time (10-15 Minutes)

Bible Story: Daniel Eats Only Healthy Foods (Daniel 1:1-20)

Show the children a Bible. **Say:** *The Bible is a special book God has given us. In it, He tells us many things about how to keep ourselves healthy. In Kids Like Me!, we are going to learn some of these things. Today, I want to tell you about a man named Daniel.* **Open** your Bible to Daniel 1, as a way to show children that you are telling them a story from the Bible.

Distribute copies of the *Healthy Foods Activity Sheets* and let children color them as you tell a simple version of Daniel 1:1-20. **Emphasize** that God had taught Daniel to eat only healthy foods. By obeying God and saying “no” to the king’s foods, Daniel kept himself so healthy, even the king was surprised!

Say: *It is important for us to follow God’s teaching and eat healthy foods, too. Let’s look at our sheets and find all the healthy foods.* **Talk** about each picture, helping children **decide** if it is a healthy or unhealthy food. When you find the one that is unhealthy (candy), have them cross it off.

OPTIONAL: Instead of this Activity Sheet, use plastic foods from children’s play sets or bring in magazines and have children find pictures of healthy/unhealthy foods.

Say: *Perhaps the most important time to think about healthy foods is when we want a snack. Let’s look at our sheets. What are some healthy foods here that we could choose for a snack instead of candy or cookies or chips?* **Guide** children to name some foods that might make good snacks. **Say:** *Everyone likes to have a special treat once in a while, like cookies or a cupcake or a candy bar. That’s okay on special days, but most days we can be like Daniel, and choose only healthy foods to put into our bodies!*

Bible Verse: Psalm 100:3

Say: *There is one more thing I want to show you from the Bible. Turn to Psalm 100. Here it says that God made us and we belong to Him. That’s another reason why it is important to keep ourselves healthy; because God made us and He loves us very much! In fact no one on earth can love you as much as God loves you! You can show God that you love Him, too, by keeping the special body He gave you healthy and strong! Let’s say our verse together.* **Lead** children in saying:

God made us and we belong to Him!

Prayer Time

GROUP LEADER NOTE: Each week you will spend the last few minutes of your group time in prayer. The purpose of this time is to help the kids learn about God’s presence and power in facing the circumstances in their lives. To make this tangible, keep a prayer notebook, or set up 2 boxes, one labeled “Requests” and the other “Answers”. Ask for requests and write them in the notebook, or on slips of paper and put them in the “Requests” box. Review past requests each week. When an answer has been given, write it in the notebook, or move the slip to the “Answer” box.

Say: *Because God loves us, He wants us to talk to Him. We can tell Him how we are feeling and ask Him for help when we need it. Or, we can talk to Him about anything! It doesn't matter what we say to God, He just loves to have us talk to Him. So each week, we will take a few minutes to talk to God. Does anyone have anything you would like to talk to God about right now? Allow children to answer, **jotting down** any requests in your Prayer Journal or on cards to place in the Prayer Box. Leaders **add** some, too. Then **lead** children in a simple prayer, thanking God for each of them and praying for the requests.*

Closing Circle (5 Minutes)

Review Bible Verse

Have children **stand** in a circle for the closing. **Say:** *Each week we will close our group in the same way. First, we will say our Bible verse together one more time. Let's do that now. **Lead** children in saying:*

God made us and we belong to Him!

"God Made Me Special..." Affirmation

Say: *The last thing we will do is to say together a very special sentence: God made me special and He is always with me! **Ask:***

- *Do you think YOU are special?*
- *Is everyone in our group special?*
- *Can you remember that God is always with you? Let's all try to say "Thank you, God, for being with me today!" every day this week!*

Conclude: *Every single one of you is special and I am so glad I get to be your group leader! Let's hold hands and say our special sentence together:*

GOD MADE ME SPECIAL AND HE IS ALWAYS WITH ME!

Wrap-Up (15-20 Minutes)

Quiet Activities

If you finish your group early, you may need to provide some extra activities to keep children involved as they wait for their parents to pick them up. These can include reading story books, showing an age appropriate DVD, coloring pages or any table activity that will keep children quietly engaged. It is important for children to leave KLM in a calm state of mind.

AS CHILDREN LEAVE: *Be sure to:*

- **Collect their name tags** for use next week.
- **As parents arrive, hand** them the **Parent Information Letter** and today's **Session Summary**.



Kids Like Me!

Parent Information

Welcome to Kids Like Me!

We are so glad your child was with us in **Kids Like Me** today. KLM is especially designed for children living in families in a chemically dependent family. By joining us each week, your child will:

1. Enjoy a safe group environment led by well trained leaders.
2. Learn valuable life skills many of us did not learn until we entered recovery!
3. Share the group experience with other children who are living with similar life circumstances.
4. Discover how a personal relationship with God can be his/her greatest source of help, hope and healing.



At the end of each session your child will be given a *Session Summary* page. This sheet contains the main concepts your child heard in the group and a suggested Do-At-Home activity. We encourage you to make every effort to spend time with your child(ren) doing these activities each week. It will not only reinforce the life skills your child is learning in group, it will strengthen your overall family relationships, too!

We look forward to having your child with us again. Should you desire to talk with a program leader about any aspect of our program, please do not hesitate to do so at the numbers listed below.

To Contact Us ...

If you have any questions about the **Kids Like Me** program, please contact one of our program leaders:

Leader: _____

Contact: _____

Leader: _____

Contact: _____

KLM Session Topics

The **Kids Like Me** curriculum is organized in a 13 week cycle. During each cycle, the following topics are presented:

Healthy Living

Communication

Feelings

Feelings Defenses

Anger Management

*Alcohol, Tobacco and
Other Drugs Info*

Chemical Dependency

*Chemical Dependency Af-
fects the Whole Family*

Wise Choices

Boundaries

Friendships

Uniqueness

These subjects have been carefully chosen based on the most recent research pertaining to the needs of children of alcoholics/addicts. However, *the healthy living skills presented are applicable to all children.* Therefore, *all children are welcome in Kids Like Me!*





Kids Like Me! Early Childhood Session Summary

I Can Keep Myself Healthy!

Key Concept: *Being healthy includes eating good food, being kind to others and talking to God.*

In today's session, we introduced children to what Kids Like Me! Is all about, emphasizing that it is a special place just for them. We also said that this is a place where their whole family can come to learn new things about taking care of themselves and being healthy. Then we talked briefly about what it means to be healthy. We said being healthy means:

- Taking care of our bodies by exercising, eating healthy foods and keeping ourselves clean.
- Learning about our feelings, especially the difficult ones like anger.
- Having good friends and learning how to be a good friend.
- Being kind to others.
- Knowing that God loves us and talking to Him every day.

During our small groups, we introduced the Acts of Kindness assignment, helping children identify some simple things they can do to be kind to others during this week.

You can follow up at home this week by talking with your child about doing acts of kindness and helping them choose one special thing to do. You can also involve your whole family in doing an act of kindness (see sidebar).

Session Bible Emphasis

We talked about the Bible as a special book God gave us to teach us how to keep ourselves healthy. Then we talked about these key passages:

(1) *Daniel 1:1-20, telling the story of how Daniel chose to eat only healthy foods and refused to eat king's food and was healthier than anyone else in the court because of it.*

(2) *Psalms 100:3—God made us and we belong to Him..*

We emphasized that not only did God make us, but He loves us very much. and loves to talk with us! Then we spent some time talking to God together.

Session 1 Parent Handout

Go Do At Home: A Family Act of Kindness

An on-going part of KLM is an assignment called "Acts of Kindness." This helps children see beyond themselves and recognize their connection to the broader world. Each week, they are asked to do one act of kindness *without accepting anything in return.*

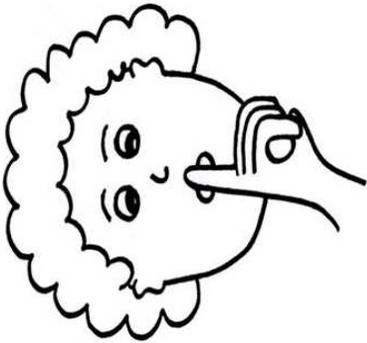
This week, involve your family in a *Family Act of Kindness.* Choose something all family members can do together. **Ideas:**

- Make and give a small gift to someone.
- Spend an hour weeding a garden for an elderly person.
- Take cookies to someone who received bad news.
- Your ideas...?



Agenda & Group Rules Strips

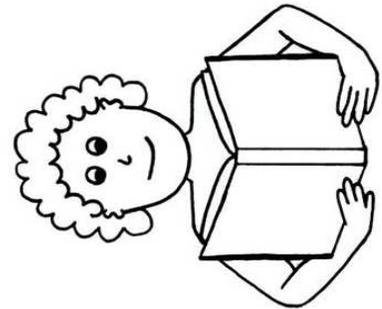
**Quiet
Time**



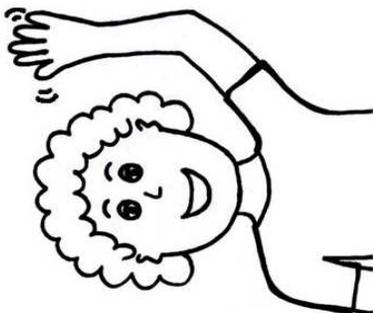
**Activity
Time**



**Bible
Time**



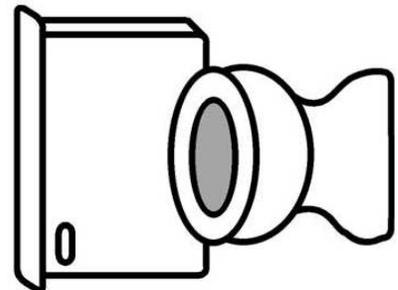
**Say
Hello!**



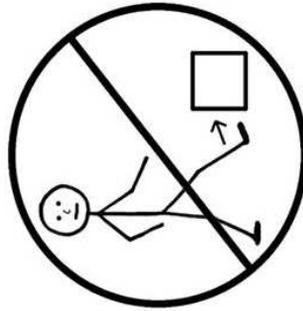
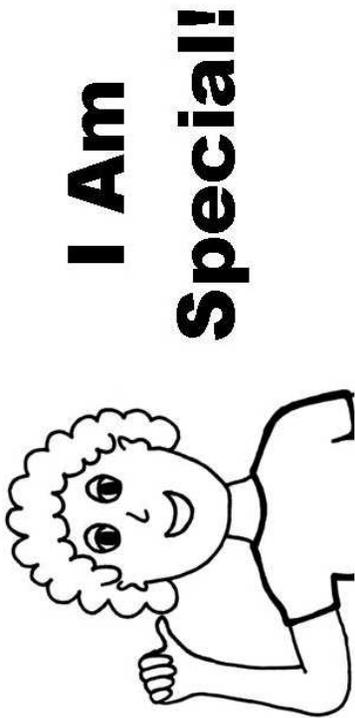
**Circle
Time**



**Take A
Break**



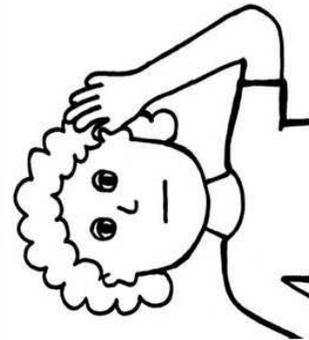
Our Rules



Keep hands and feet to ourselves.



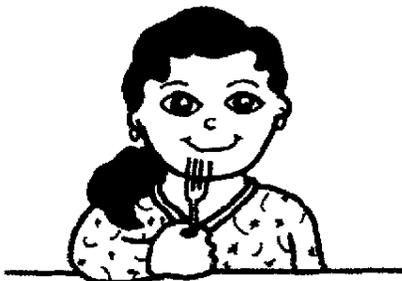
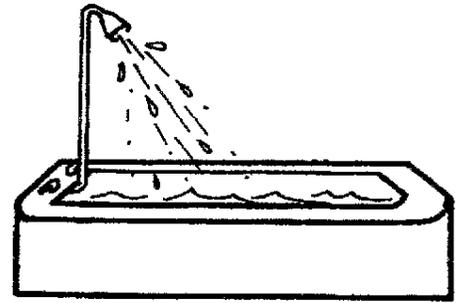
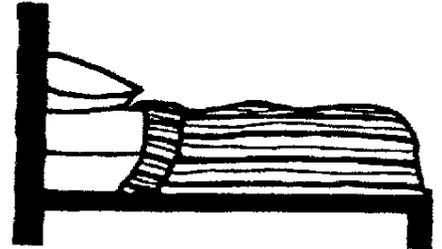
Use only kind words.



Listen when others are talking.

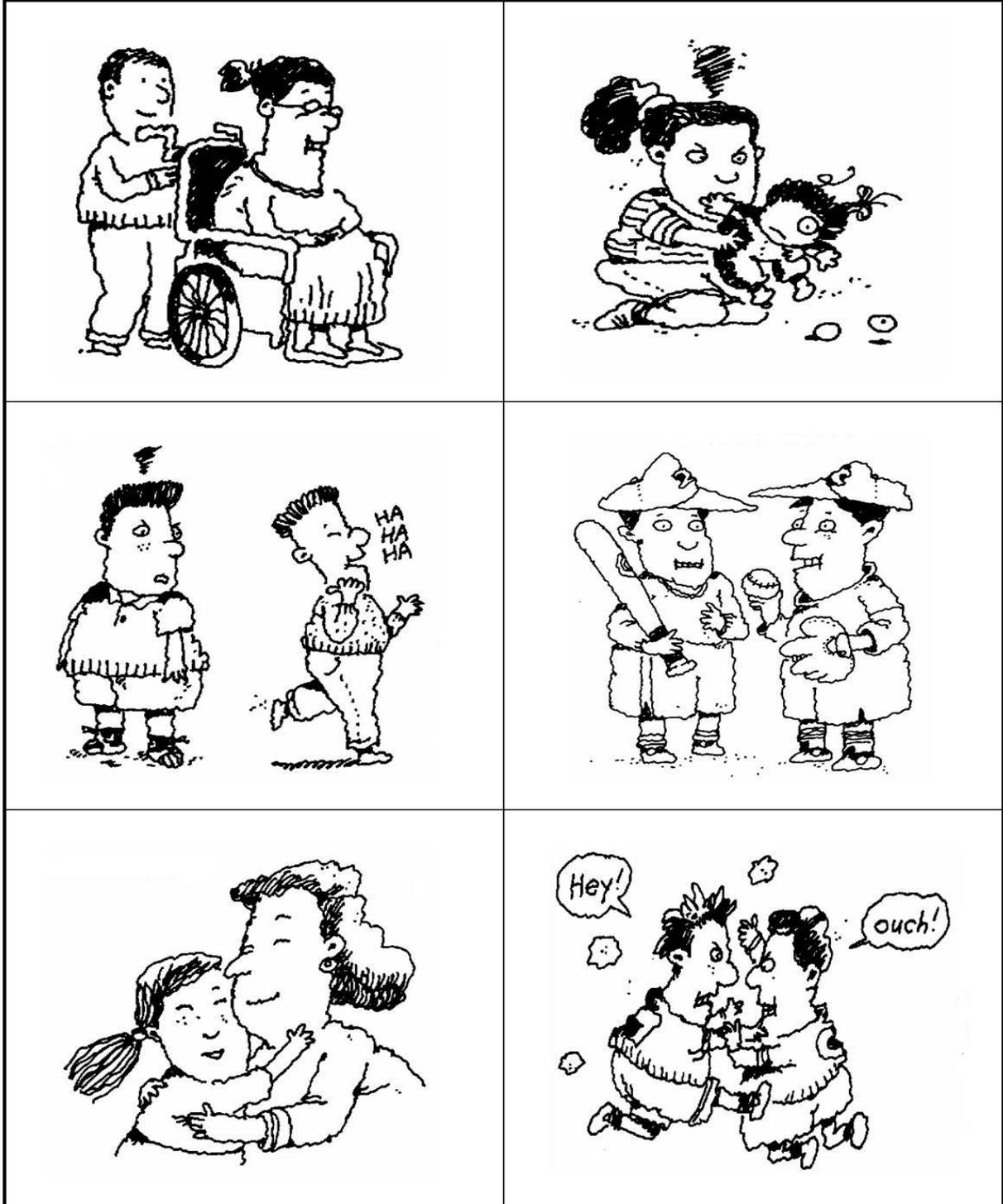
I Can Be Healthy Matching Game

Draw a line to what each child needs in order to stay healthy.



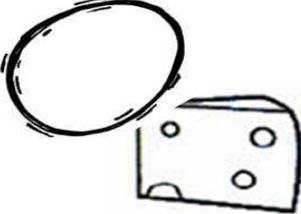
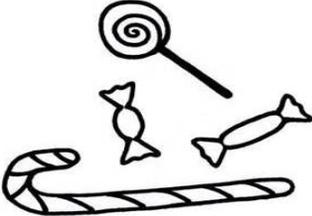
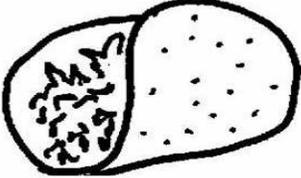
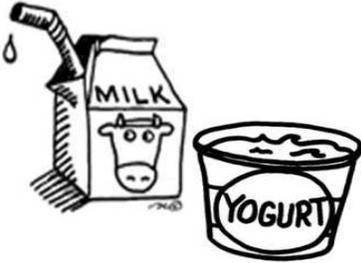
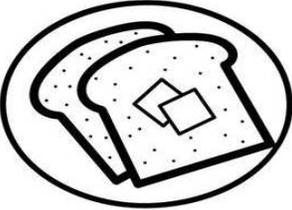
Being Kind

Directions: Circle the children who are being kind.



Healthy Foods

Directions: Find and cross out the one food that is not healthy. Then circle the healthy foods you like. What other foods do you eat that are good for you?

 <p>Chicken (& Meat)</p>	 <p>Eggs & Cheese</p>	 <p>Fish</p>
 <p>Fruits</p>	 <p>Peanut Butter</p>	 <p>Cereal</p>
 <p>Candy</p>	 <p>Tacos</p>	 <p>Peas (Vegetables)</p>
 <p>MILK YOGURT</p>	 <p>Wheat Bread</p>	 <p>Rice</p>

Group Leader Notes

DATE: _____ **LEADER:** _____ **SESSION TOPIC:** _____

ACTIVITIES AND GROUP REACTIONS:

Opening Activity Centers:

Circle Time:

Small Group Table Time:

Intermission:

Small Group Bible Time:

Closing Circle:

Wrap-Up:

INDIVIDUAL SUMMARIES/NOTES:

1. _____

2. _____

3. _____

4. _____
