

# Setting Up For Success!

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“Healthy Tips-To-Go” Connect Health and Needs, Get Excited. Use this information for handouts at health fairs, as a way to connect learning in the classroom to home, or in newsletters.	

## Paper Plate Learning



The ideas presented here are only a tip of the iceberg of fun, simple games that can teach healthy eating and activity concepts using inexpensive paper plates!

### Plate Dancing

Many people are too inhibited to “dance” but putting something in their hands to keep them occupied lessens the inhibition and allows them to relax. It also makes for a really GREAT visual when you see so many people jumping, dancing, and waving paper plates around in the air!

**Concept** – Movement and active play can be FUN! Plate dancing is a follow the leader dance activity. The leader makes up the active motions as a song is played and the audience follows along.

**Audience:** any age

**Activity Leader:** An energetic person.  
Audience participants can be invited to the front to help lead the dance, too.

#### Materials and supplies needed:

- 2 inexpensive (flimsy) paper plates per participant
- A sound system
- Lively music that “fits” the audience

#### Suggested Songs –

Crocodile Rock (Elton John)  
Be True to Your School (Beach Boys)  
Just Can’t Wait to Be King (From Lion King soundtrack)  
Little Old Lady From Pasadena (Beach Boys)  
Shout (Isley Brothers)  
Locomotion (Little Eva)

#### Directions:

The activity is easy! Ask participants to hold a paper plate in each hand and “follow the leader”, using the plates as an active part of the movements.

This activity has been successfully embraced by all ages, young and old alike. It is a request with every workshop we do! Enjoy plate dancing...the fun is “catching!”

## Plate Skate

**Concept** – Active play and movement can have many looks! Using paper plates as inexpensive “skates” provides the basis for many fun games.

**Audience:** any age

**Materials and supplies needed:**

- 2 paper plates per person
- Hole punch
- String

**Directions:**

1. Punch 2 holes in each paper plate, one on the right, one on the left, each about 2 inches from the edge of the plate.
2. Use string to pull up through the plate and use as a shoelace.
3. Fasten the skate plates onto shoes or stocking feet by tying the “string shoelaces”.

Many variations of skate plate can be played including:

Relay races

Obstacle course skates, trying to beat your OWN time!

Skate to music

Skate tag

Double skate relays (2 people skate together with arms linked)

Create your own skate plate fun!

## Plate Frisbee

**Concept** - A fun way to play Frisbee games if there aren't enough Frisbees to go around!

**Audience:** Any age

**Materials and supplies needed:** 1 paper plate per person

**Plate Frisbee ideas include:**

- Frisbee Tag (many variations, such as freeze tag)
- Frisbee Catch (with two or more)
- Frisbee Hoops (using a basket, box, or trashcan as the goal)
- Frisbee Baseball (Players set up as on a baseball field. Batter soars his Frisbee and runs the bases until the Frisbee is back to the pitcher. Batter is “out” if his Frisbee is caught in midair or if he is tagged with the Frisbee while running the bases).