

## A Healthier You

**Developer(s) Name(s):** Kathy Allen

**Session Title (concise, clearly tells reader what the topic is):** A Healthier You! Resources for the Frazzled Early Childhood Educator

**Delivery Mode (online, in-person, hybrid):**

Developed online but could be taught in any format. Due to the design of the CEU Session, it should be taught over a time period that allows participants to work toward goals (ie: 5-7 blocks or weeks rather than one block/week)

**Descriptor:** A Healthier You- Resources for the Frazzled Early Childhood Educator includes the topics of nutrition, exercise, stress management, and organization. It is designed for early education professionals that wish to improve their health and well-being in order to become a better model for the children in their care. The delivery mode can be online, in-person or hybrid, and should be taught over at least a 5 week time period. The learner will review resources in the topic areas, set personal goals and discuss accomplishments with participants.

**Overall learning outcome(s) for CEU Session:**

1. Learners will become aware of their own health and habits that contribute toward it.
2. Learners will gain basic knowledge of nutrition concepts, aerobic and anaerobic exercises, stress management and organization.
3. Learners will set individual goals for nutrition, exercise, stress management, and organization to improve their own health and well-being.

**Pre-assessment strategy(ies):** Health Questionnaire/Self-assessment

**DCD Topic Area(s) to be covered:** (6) Professionalism

**Supplemental Materials/References (what you anticipate will be used):** Online resources

### CEU Session Outline

Module #	Learning Outcomes	Instructional Methods	Engagement Strategies	Assessment Strategies
1: Introduction and Pre-assessment  (1 hour)	1. Learners will become aware of their own health and habits that contribute toward it.	<ul style="list-style-type: none"> <li>• Take a self-assessment (outcome #1)</li> <li>• Participate in discussion to introduce self and begin thinking about health habits (outcome #1)</li> </ul>	<p>Discussions (either online or in-person)</p> <p>Online resources to review</p>	Discussion Forums

<p>2: Nutrition (1-2 hours)</p>	<ol style="list-style-type: none"> <li>Learners will gain basic knowledge of nutrition concepts.</li> <li>Learners will set individual nutrition goals to improve their own health.</li> </ol>	<ul style="list-style-type: none"> <li>Review online resources on the topic of nutrition (outcome #1)</li> <li>Participate in discussion- Set a health goal (outcome #2)</li> <li>Quiz (outcome #1)</li> <li>Assignment (outcome #2)</li> </ul>	<p>Discussions (either online or in-person)</p> <p>Online resources to review</p>	<p>Assignment or Quiz</p> <p>Discussions</p>
<p>3: Exercise (1-2 hours)</p>	<ol style="list-style-type: none"> <li>Learners will gain basic knowledge of both aerobic and anaerobic exercises.</li> <li>Learners will set individual exercise goals to improve their own health.</li> </ol>	<ul style="list-style-type: none"> <li>Review online resources on the topic of exercise (outcome #1)</li> <li>Participate in discussion- Break a Bad Habit (outcome #2)</li> <li>Quiz (outcome #1)</li> <li>Assignment (outcome #2)</li> </ul>	<p>Discussions (either online or in-person)</p> <p>Online resources to review</p>	<p>Assignment or Quiz</p> <p>Discussions</p>
<p>4: Stress Management (1-2 hours)</p>	<ol style="list-style-type: none"> <li>Learners will gain basic knowledge of stress management.</li> <li>Learners will set individual stress management goals to improve their well-being.</li> </ol>	<ul style="list-style-type: none"> <li>Review online resources on the topic of stress management (outcome #1)</li> <li>Participate in discussion- Start a Good Habit (outcome #2)</li> <li>Quiz (outcome #1)</li> <li>Assignment (outcome #2)</li> </ul>	<p>Discussions (either online or in-person)</p> <p>Online resources to review</p>	<p>Assignment or Quiz</p> <p>Discussions</p>
<p>5: Organization (1-2 hours)</p>	<ol style="list-style-type: none"> <li>Learners will gain basic knowledge of organization.</li> <li>Learners will set individual organizational goals to improve their well-being.</li> </ol>	<ul style="list-style-type: none"> <li>Review online resources on the topic of organization (outcome #1)</li> <li>Participate in discussion- Share Accomplishments and most valuable information learned (outcome #2)</li> <li>Quiz (outcome #1)</li> <li>Assignment (outcome #2)</li> </ul>	<p>Discussions (either online or in-person)</p> <p>Online resources to review</p>	<p>Assignment or Quiz</p> <p>Discussions</p>

**Total Time: 5 to 9 hours**