

**H1: CHILDRENS DISCUSSION GUIDE**  
**(for use with 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> graders)**

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**I. INTRODUCTION**

- Welcome children as they arrive
- Introduce the facilitator, the project, purpose of the discussion, “rules of discussion,” etc.

**Script:**

***Hello. My name is [insert name] and I am so happy you could join me today. Does anyone know why we are here today? Well, I am here today because the people I am working with (the Centers for Disease Control and Prevention) are in charge of coming up with ways to help kids stay healthy. But, we have one small problem. None of the people I am working with are kids! We are all grown-ups. How are we supposed to come up with good ways to help kids stay healthy if we are all grown ups and too old to remember what it’s like to be a kid?***

***So, that’s why I want to talk to you today. If you look around you, you will see that all the other boys and girls here are between the ages of 7 and 9, maybe 10? And everyone here is in either 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> grade, right? So today the KIDS get a chance to tell the grown-ups what they think. And I hope that all of you will share your ideas with me so we can find the best ways to help kids stay healthy. How does that sound?***

***Great. Before we get started, I have just a few rules, kind of like the rules your teacher probably has.***

- ***Speak one at a time.***

- *There are no right or wrong answers. I really want to hear how you think or feel about things.*
- *NO making fun of what other people say.*
- *You do not have to talk about anything that you do not want to. But, I really hope that everyone here will have something they want to share today.*

*Does anyone have any questions? Then let's get started because when we are all done, we have treats, a short activity, and some goodie bags you can take home.*

## II. KNOWLEDGE & AWARENESS

1. Has anyone ever talked with you about being healthy?

- Who? What did he/she tell you?

2. Has anyone here ever heard of the word diabetes?

*If yes*, what do you think it means?

- Where did you hear about diabetes, who told you about it?
- What did they tell you?

*If no*, diabetes is when your body is not able to use the food you eat the right way. So, there is too much sugar in the blood. This can make people very sick.

3. Have you heard about **kids** getting sick from diabetes? Tell me about that.

- Have you learned about diabetes in school? What did you learn?

## III. AWARENESS AND COMPREHENSION

4. Has anyone heard about the Eagle Books? **[MODERATOR SHOWS BOOKS TO KIDS]**
  - How many of you have seen the books?
  - Has anyone read them to you? Who?
  - Has anyone here brought the books home?
  - Have your parents read them? Have they read them to you?
  
5. What can you tell me about the Eagle Books? [What do you remember about the Eagle Books?]
  - What are the books about?
  - Who are the characters in the books? What do they do?
  - Who are these books for, are these books for kids, grown ups, everybody? What makes you say that?
  
6. Are the Eagle Books trying to get people to do something? What?

### **ACTIVITY 1: KNEES LIFTED HIGH**

*Okay, now let's do a little activity together. I am going to give each of you a piece of paper and some crayons. Draw a picture of **THREE** things the Eagle wants kids to do to stay healthy. When you're done, we will talk about them.*

**[WHEN CHILDREN ARE DONE, MODERATOR ASKS EACH TO DESCRIBE WHAT THEY HAVE DRAWN AND NOTES THIS ON THE EASEL PAD. FOR EACH ITEM LISTED ON THE EASEL, THE MODERATOR ASKS THE QUESTIONS BELOW]:**

- How many of you have done this?
- How often?
- Where? (school, home, etc.)

### **ACTIVITY 2: TRICKY TREATS**

*Now I am going to pass out some plates and pretend foods. Place on the **GREEN** plate, foods that you think the Ms. Rabbit would like you to eat. Place on the **RED** plate, foods that you think the Coyote would like you to eat.*

**[WHEN THE CHILDREN ARE DONE, MODERATOR ASKS EACH CHILD TO DESCRIBE THE FOODS THEY PLACED ON THE GREEN PLATE. THE MODERATORS THEN ASKS THE CHILDREN WHICH FOODS THEY PLACED ON THE RED PLATE. MODERATOR NOTES THE SELECTIONS ON THE EASEL PAD. FOR EACH FOOD ITEM LISTED, THE MODERATOR ASKS THE FOLLOWING QUESTIONS]:**

- How often do you eat \_\_\_\_\_ (Always, Sometimes, Hardly Ever?)
- For **HEALTHY** food items: Are these foods you can get at school, in your cafeteria?
- Where do you eat healthy foods the most? (home, school, eating out, etc.)

### **ACTIVITY 3: SOMETIMES FOOD AND EVERY DAY FOODS**

*Now let's say that you are in charge of cooking dinner for your family. Using the paper plates and stickers I give you, put together a meal for your family. You can include drinks, dinner, and dessert.*

**[WHEN CHILDREN ARE DONE, MODERATOR ASKS EACH CHILD TO DESCRIBE THE FOOD THEY PLACED ON THEIR PLATES AND NOTES THE SELECTIONS ON THE EASEL PAD. ONCE THE LIST IS GENERATED, THE MODERATOR ASKS THE FOLLOWING QUESTIONS]**

- Which of these foods are SOMETIMES foods? **[Moderator notes responses on easel]**
  - Which of these are EVERYDAY foods? **[Moderator notes responses on easel]**
7. Why do you think it's hard for people to do what the Eagle and Rabbit want us to do?
- What would make it easier to do these things?
8. What kinds of things are happening at your SCHOOL that the Eagle and Ms. Rabbit would be proud of?

*Okay. I have just a few more questions about the Eagle Books and then you can have your snacks and watch a movie about the Eagle Books.*

#### **IV. IMPRESSIONS**

9. How do the Eagle Books make you feel?
- Why do they make you feel that way?
10. What do you especially like about the Eagle Books?
- Pictures, colors?
  - Favorite Characters (Eagle, Rain that Dances, Rabbit, Coyote)? Why?

- Which book is your favorite? Why?

11. Is there anything you want to know that the Eagle Books do not tell you?

***Thank you so much for taking time out to talk to me today. If you can leave all of your papers, stickers, etc. on the table that would be great. We have some treats and other surprises waiting for you outside of this room. Have a great day.***