Features of the Fun Days Curriculum

**Poster:**
In the upper right-hand corner on the first page of each activity is one or more of the WIN the Rockies posters. These posters indicate the principles addressed in the activity. The four posters are:

- Health – many sizes, many shapes
- Fruits and Veggies – the original fast foods
- Eating – one of life’s great pleasures
- Physical Activity – your way, every day

**Color Bar:**
Down the left-hand side on the first page of each activity is a color bar with the words “WIN Kids Fun Days.” These are color coded for the five sections of the curriculum.

- Get Acquainted
- Pleasurable and Healthful Eating
- Snacks to Make and Enjoy
- Body Image
- Physical Activity

**Title and Subtitle:**
Each activity has a title. The subtitle further explains the activity.

**Objective(s):**
One or more of the primary objectives for the activity are listed.

**Age:**
An estimate of the most appropriate target age for the activity is included. This is provided for guidance purposes and does not guarantee success and appropriateness for all youth in those age ranges. Use your best judgment.

Also, consider that many of these activities can be altered and/or adapted for an even broader age range.

**Length:**
The estimated time needed to complete each activity is provided. The time is based on a group size of 20 to 25 youth and is provided for guidance and planning purposes only. Actual time can vary greatly depending upon any number of factors.
**Supplies and Materials:**
Supplies and materials needed for the activity are listed with quantity needed for 25 participants. Items provided in the curriculum notebook are so noted.

**Special Considerations:**
This section notes potential adaptations to meet a variety of special needs of participants. While not all possible special circumstances are listed, these notes can provide ideas and increase awareness as the activities are planned and carried out.

**Activity Directions:**
The directions are listed in sequential order. Possible variations are included.

**Take Home Tidbit:**
Most activities (except for the Get Acquainted activities) include information for participants to take home and share what they learned during the *Fun Day*.

*Handouts* are designed to put in participants’ take-home bags prior to the start of your program.

*Take Home Slips* are designed to help parents or family members ask participants something about their experience at the *Fun Day*. Pick and choose a few of these to put in participants’ take-home bags prior to the start of the session. Do not include one for each activity, but do select up to six of these slips.

**Source:**
If the activity was adapted from a source, that information is included. For the physical activities, several reference books were utilized and the activities are a mixture of ideas from those books. At the front of the *Physical Activity* section, a sources page is included.

**Permission:**
The shaded box at the end of each activity indicates that reproduction of these materials for educational purposes is allowed. Appropriate credit is requested.

---

Dear parents and family,
Ask me about high and low calcium foods and how we used marshmallows at the WIN Kids Fun Day.

WIN Kids Fun Days ● Wellness IN the Rockies
Dept 3354, 1000 E. University Ave ● University of Wyoming ● Laramie, WY 82071

You may reproduce WIN Kids Fun Days activities and handouts for educational purposes but not for sale purposes. Please credit as follows:
*WIN Kids Fun Days, Wellness IN the Rockies, www.uwyo.edu/wintherockies*