Local Hero

Role Modeling Activity

Objectives:
1. Meet a local role-model who has incorporated lifestyle physical activity into his or her daily life.
2. Explore the value of lifestyle physical activity.

Age:
8 years and older.

Length:
Approximately 10 minutes.

Supplies and Materials:
A local person who is fairly well-known such as a mayor, school principal, county commissioner, etc. Try to find a person who is a role-model for participants.

The purpose of this activity is to have this person share her or his daily physical activity choices and teach an activity. The goal is to reinforce lifestyle physical activity as something many people do to be healthy. Daily physical activity helps us be able to do all the activities in life we want to do.

Avoid or cautiously select a person known for their superior athletic talents. The message is not that you have to train hard to be healthy but rather you can improve your health by maintaining an active lifestyle. If you do select an athlete, ask them to focus on lifestyle physical activity and not on training as an elite athlete.

Special Considerations:
Wheelchair-Bound Participants: For participants in wheelchairs, let them know they can use their arms for any body parts they cannot move.

Activity Directions:
1. Introduce the special guest and ask them to share with the participants what they do to stay healthy.
2. Ask this guest to teach the following activity (or any other activity in the Fun Days curriculum).

3. Have participants stand and follow along with the jingle and do the motions. The jingle starts with everyone using one hand and pushing in and out.

Jingle:

“Hi, my name is John, and I work in a button factory.
One day, my boss said to me, hey John use your other hand.”

In following verses, change the underlined to another body part such as left leg, right leg, head, tongue, etc. Let participants shout out the change. Continue to do the previous motions as the new motion is added.

**Take Home Tidbit**

Take home slip says the following:

“Ask me about the local hero we met during the WIN Kids Fun Day.”