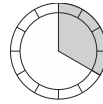




Lesson Plans – **Family** **Session Seven**



Session 7 — Graduation (20 minutes)



Note to Facilitator: For Session 7, most of the family session will take place after the parent and child sessions. Do just the circle activity at the beginning before parents and children go to their sessions.



Materials Needed:

- Knotted rope to form a circle

After the parent and child sessions:

- Graduation completion certificates for those families who have completed 5 or more sessions or participation certificates for those who have completed 4 or fewer sessions
- Slide show with photos of each family
- Final take-home materials
- Other graduation materials as desired (mini cupcakes, hats, balloons, banners, etc.)

Circle Up

Family Closing Transition to Child and Parent Sessions

Say:

“Now, let’s please have the children who are going to child care follow _____ to the other room.”

Say to the others in the room:

“Parents and preschool children, let’s come make our circle.”

The facilitator who leads this activity checks visually that everyone is attached to the circle.

Sing family session gathering song.

Say:

“We’re going to work together in this class. Let’s practice that right now by pulling the line until it is tight and makes a lovely circle. When we keep our circle like this we are all contributing.”

Say:

“Today the children are going to try another new food and they’re going to pick their favorite food adventure that they’ve had in this program.”

Say:

“Let’s say goodbye until the end of the class.”

Children will then leave for their session with the child facilitators.

Allow the tension on the line to relax. At this point, ask the parents to put the line on the floor at their feet. They step out, go to their class, and the parent leader gathers the line and stows it.



Graduation Ceremony

The parents/caregivers and their children gather again after the parent and child sessions for the graduation ceremony.

Note to Facilitator: It's a good idea to have 2 different certificates. The completion certificate is for those families who attended 5 or more sessions. The participation certificate is for families who attended 1 to 4 of the sessions. Every family should receive a certificate to avoid anyone feeling embarrassed or ashamed for not attending all of the sessions. Make the certificates after Session 6 for ALL of the families so that you aren't shorhanded if a family attends Session 7 who has not been attending regularly. Be sure to translate the certificates into Spanish and print them out for those families who are Spanish speaking only.

Note to Facilitator: If you've taken photos during the sessions, you can have a slide show along with a reminder of what the parents have learned throughout the program. You can fan out the *Things to Try at Home* cards and other handouts on a table. You might also display a sample Full-O-Meter, the senses icon posters, and the senses and faces stickers to remind parents and children about some of the things they learned.

Say:

"We've been taking photos during our sessions and would like to share those with you along with a reminder of what we've learned."

This is a formal graduation. Each family is called to receive their certificate. All facilitators should shake participants' hands. Present certificate, child's food adventure journal, and any other gifts you may have for each parent/caregiver and preschool child.

Mini cupcakes, balloons, fun centerpieces, and other items can be incorporated into the celebration.

Say:

"This family session is a celebration that we have gone through each of the sessions."

Say:

"We're going to have lots of fun things to celebrate today."



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