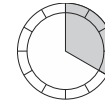


Lesson Plans – **Family** **Session Six**



Session 6 — How Big is My Stomach? (20 minutes)



Materials Needed:

- Knotted rope to form a circle
- Construction paper for each parent and child
- Crayons
- Labels with the words *Hungry, Just Right* and *Really Full*
- Glue for each family
- Pom-poms

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.”

Use the rope that has been tied to the correct size from the first session.

Sing family session gathering song.

Say:

“We’re going to talk more today about how our stomachs can feel **hungry, just right, and really full**. Parents, who remembers how big your stomach is?”

Say:

“It’s about the size of your fist. For adults it’s about the size of your own fist, and for children, it’s the size of their fists.”

Have parents and children put the rope on the ground, leave the circle, and go to their tables.

Stomach Activity Instructions

Say:

“First, we’d like for you parents to make your hand into a fist and trace your fist on your sheet of paper.”

Say:

“Now, children make a fist and put your hand on the paper where your parents traced their fist and, parents, trace your child’s fist.”

Say:

“This is how different the sizes of your stomachs are. Parents and children need different amounts of food to fill their stomachs.”

Say:

“Let’s practice filling your stomachs in during this next activity and see what they might look like with food in them.”

Say:

“Turn your paper over.”



Say:

“First, we’d like for you to trace your child’s fist three times and put a sticker by each one to show which is going to be the **hungry** stomach, which is **just right**, and which is **really full**.”

Say:

“Then we’d like for you and your child to glue pom-poms on each of the stomachs to show how full they are. How many pom-poms would be in a stomach if it was **hungry**, if it was **just right**, and if it was **really full**?”

Circle Up

Family Closing Transition to Child and Parent Sessions

Facilitator invites the families to come together in a circle.

Say:

“Let’s have everyone join the circle again and grab on to a part of the rope.”

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

Say:

“We’re all 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 in their session. They’re also going to do some experiments to see what happens when you have too much of something.”

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 for the next session.

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