



Starts Next Wed. in PRR!

What is CATCH Healthy Habits?

- CATCH Healthy Habits is a special kid's program on making healthy choices for your body.
- Catch Healthy Habits is taught by a team of Oasis Volunteers. They will visit PRR every Wednesday afternoon for 8 weeks!
- Remember a volunteer is a person who gives up their time to help others!



Senior Volunteers are Special!

- CATCH Healthy Habits volunteers are special! Most of the people who teach CHH are “seniors”.
- What kind of person is a “senior”?
- A “senior” is an older person, like a grandma or grandpa aged person.
- Why do you think these “seniors” want to come teach PRR about Healthy Habits?



Senior Volunteers are Special!

CATCH Healthy Habit senior volunteers come to PRR because:

- They want to help others in the community be healthier!
- They love working with children!
- These seniors are dedicated to staying healthy for their whole life! They want stronger muscles, more energy, and feeling good on the inside and outside of their bodies. Eating right and exercising in a fun way everyday is important!



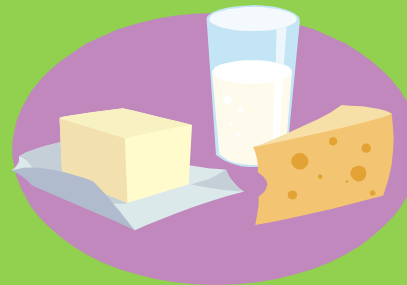
Special Lessons and Stories

- Each week CATCH Healthy Habits volunteers will share a short lesson and tell a story.
- They will ask you to work with them on a healthy activity, sometimes in small groups, and sometimes with the whole PRR class.



Special Foods

- CATCH Healthy Habits volunteers will make PRR a special food snack each week. They will teach us how to make the snack and explain why it is healthy or nutritious!



CATCH Healthy Habits Volunteers bring and prepare the healthy snacks just for PRR!



These snacks are good for you and can easily be make at home!
Better than eating a “Whoa Food” like a bag of chips full of fat and sodium!!



Movement Time!

- Each week Catch Healthy Habits Volunteers will teach PRR Kids special movement activities to make our bodies get stronger and more fit. Movement time will be in the gym or outside.
- CATCH Healthy Habits has fitness equipment like hula hoops, balls, bean bags, and other items. Take good care of them!



BIG Threer and CHH!



- **Be safe** – Play movement games safely, follow the leader's directions!
- **Be Respectful** - show the CATCH Healthy Habits Volunteers how important and appreciated they are for helping us become healthier students! Say "Please" and "Thank you!"
- **Be Ready to Learn** – Start the CHH meeting on time! Be a good listener. CATCH Healthy Habits volunteers are ready to show you ways to be healthy for the rest of your life!



Practice working as a group on a game:

Today PRR Leaders will give you a sneak preview of a CATCH Healthy Habit Game. Before we play, what three things can you do to make the game time go smoothly?

*Time to get moving!!
Listen to the Leader – Think
– Try your best -
And show teamwork!!
Good Job!!*

