



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 4, LESSON 14: WE'RE ALL SPECIAL

Child Care Provider – You have seen in the videos two strategies for teaching children self-esteem. Another way to teach self-esteem is through taking care of a living thing. Plan an activity that provides the opportunity for children to see themselves as caretakers of a living plant.

- Think about the opportunities you will give children over time to be actively engaged in the caretaking process.
- Think about the different personalities of each child in your group and how you will accommodate for their preferences.
- Consider growing a plant that can be eaten so the process will reinforce your healthy food message.
- Include strategies for ways you will help children become aware of their caretaking skills and extend those abilities toward each other.

Director – Ponder this quotation of John W. Gardner, former U.S. Secretary of Health, Education, and Welfare: “Excellence is doing ordinary things extraordinarily well.”

Action Step: Identify someone in your life who deserves recognition today. Express your appreciation to that person.

Reflection/Discussion Questions

- *What are some of the “ordinary” things you do extremely well?*
- *Why are the “ordinary” things so important for overall success in your work and in your life? Think about how they impact the children and families you work with.*
- *How do you recognize the things that others around you do extraordinarily well?*