

**G1: CHILDRENS DISCUSSION GUIDE**  
**(for use with Kindergarten and First Grades)**

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**I. INTRODUCTION**

- Welcome children as they arrive
- Introduce the facilitator, the project, purpose of the discussion, “rules of discussion,” etc.

**Script:**

***Hello. My name is [insert name] and I am so happy you could join me today. Does anyone know why we are here today? Well, I am here today because the people I work with (the Centers for Disease Control and Prevention), it's part of their job to think of ways to help kids stay healthy. But, we have one small problem. None of the people I work with are kids! We are all grown-ups. How are we supposed to come up with good ways to help kids stay healthy if we are all grown ups and are too old to remember what it's like to be a kid?***

***So, that's why I want to talk to you today. If you look around you, you will see that all the other boys and girls here are about 5 or 6 years old, right? And everyone here is in either Kindergarten or first grade, right? So today the KIDS get a chance to tell the grown-ups what they think. And I hope that all of you will share your ideas with me so we can find the best ways to help kids stay healthy. How does that sound?***

***Great. Before we get started, I have just a few rules, kind of like the rules your teacher probably has.***

- ***Speak one at a time.***
- ***There are no right or wrong answers. I really want to hear how you think or feel about things.***

- ***And NO making fun of what other people say.***
- ***You do not have to talk about anything that you do not want to. But, I really hope that everyone here will have something they want to share today.***

***Does anyone have any questions? Then let's get started because when we are all done, we have treats, a short activity, and some goodie bags you can take home.***

## **II. BACKGROUND**

1. Has anyone ever talked with you about being healthy?
  - Who?
  - What did he/she tell you?

2. Has anyone here ever heard of the word diabetes?

***If yes***, what do you think it means?

- Where did you hear about diabetes, who told you about it?
- What did they tell you?

***If no***, diabetes is when your body is not able to use the food you eat the right way. So, there is too much sugar in the blood. This can make people very sick.

3. Have you heard about **kids** getting sick from diabetes? Tell me about that.
  - Have you learned about diabetes in school? What did you learn?

## **III.AWARENESS AND COMPREHENSION**

4. Has anyone heard about the Eagle Books? **[MODERATOR SHOWS BOOKS TO KIDS]**
  - How many of you have seen the books?
  - Has anyone read them to you? Who?
  - Has anyone here brought the books home?
  - Have your parents read them? Have they read them to you?

5. What can you tell me about the Eagle Books?

- What are the books about?
- Who are the characters in the books? What do they do?
- Who are these books for, are these books for kids, grown ups, everybody? What makes you say that?

6. Are the Eagle Books trying to get people to do something? What?

## **ACTIVITY 1: WORKSHEET 1**

***Okay, now let's do a little activity together. I am going to give each of you a worksheet and a crayon. Draw a line from the Eagle to the pictures of things the Eagle wants kids to do. When you're done, please pass them up here to me and we will talk about them.***

**[MODERATOR REVIEWS WORKSHEET WITH CHILDREN, STATING THE CORRECT CHOICES. FOR EACH PICTURE, ASK CHILDREN THE FOLLOWING]:**

7. What makes it hard to do what the Eagle says?

## **ACTIVITY 2: EASEL SHEET**

***Okay, now let's do something else together. Each of you has some pictures of different kinds of food. On the board are pictures of Ms. Rabbit and Mr. Coyote holding their dinner plates. Let's put the pictures of foods you think Ms. Rabbit wants kids to eat on her plate. Put pictures of the foods you think Mr. Coyote wants kids to eat on his plate.***

**[MODERATOR REVIEWS THE FOOD CHOICES ON EACH PLATES. FOR EACH BOOK CHARACTER/DINNER PLATE, ASK THE CHILDREN THE FOLLOWING]:**

8. Sometimes it's hard to do the right thing all of the time. Can you always eat what Ms. Rabbit wants you to eat? Why or why not?

9. What would make it easier for you to eat the kinds of food that Ms. Rabbit has on her plate?

## **IV. IMPRESSIONS**

***Just a few more questions about the Eagle Books and then you can have your snack.***

10. How do the Eagle Books make you feel?

- Why do they make you feel that way?

11. What did you especially like about the Eagle Books?

- Pictures, colors?
- Favorite Characters [show pictures again] (Eagle, Rain that Dances, Rabbit, Coyote)? Why?
- Which book is your favorite? Why?

***Thank you so much for taking time out to talk to me today. If you can leave all of your papers, stickers, etc. on the table that would be great. We have some snacks and other surprises waiting for you outside of this room. Have a great day.***