

Spa and Healthy Lifestyle Curriculum

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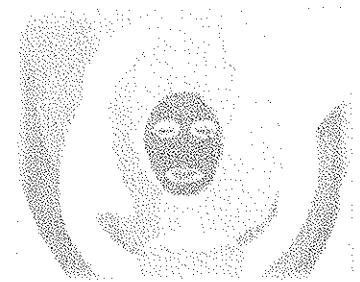


Spa and Healthy Lifestyles Curriculum

By Naomi Weeks, CFLE

Objective:

- Youth will participate in hands-on activities that promote nutrition and physical well being.
- Youth will experiment with measuring and mixing through the development of homemade beauty products
- Each day's activities will include topics including a make and take lotion/potion, healthy snacks, relaxation techniques, and other health promoting activities.



Day 1:

Recipe book, Hunsaker's Simple Lotion, Awesome Applesauce, Massage-tennis balls

Day 2:

Melt and Pour Soap, Frozen Yogurt Pops, Healthy Teeth, Bubbles

Day 3:

Aches & Itches Bath Salts, Sweet Potato Chips, Fruit Taste Test, Breathing Techniques

Day 4:

Brown Sugar Body Scrub, Purple Cow, Zen Gardens

Day 5:

Flavored Lip Balm, Ice Cream in a Bag, Laughter

Day 6:

Cuticle Cream, Vegetable Taste Test, Manicures

Day 7:

Bubble Bath, Life Size Barbie, Happy Lists

Day 8:

Candles, Smoothies, Noodle Fun

Hunsaker's Aches & Itches Bath Salt Recipe

Supplies:

- ½ cup baking soda
- ½ cup dry milk
- 1 cup Epsom salt
- 1 cup sea salt
- Essential or fragrance oils (4 or 5 drops)
- Mixing bowls and measuring cups
- Large resealable zipper storage bags



Instructions: Mix all ingredients together in a large resealable bag. Divide into gift bags. (Makes 2-3 servings) **This is a great time to teach measuring skills!*

Relaxation- Happy Lists

Using paper and markers have youth make a lists of things that help them deal with stress or make them happy when they feel down. Brainstorm as a group to get started. This could include anything from listening to music, exercising, jumping in puddles in the rain, taking a bubble bath, etc. Encourage them to be creative and think of items that are free of cost and readily available. Encourage them to place this list somewhere it will remind them of these things when they are feeling down.

Body Image Messages Activity: Life-Size Barbie™ and G.I. Joe™

Supplies: Variety of the following suggested supplies used to make life-size models: balloons, fabric, trash bags, newspapers, construction paper, crepe paper, hangers, wire, wire cutters, string, tape measurers, scissors, glue, tape, markers, etc.

1. Separate males and females for this activity.
2. Discuss how we are bombarded with messages about what is supposed to be ideal in terms of size or shape of our bodies that are found everywhere around us (television, magazines, shopping malls, friends, radio, etc.) One of the sources we don't often think about are toys.
3. Handout Reality and Make-Believe handout and discuss (see next page)
4. Compare Barbie™ and G.I. Joe™ with an average-sized person and a typical model. Note these interesting items:
 - * G.I. Joe™ has changed over time while Barbie™ has not.
 - * Barbie™ is much taller than G.I. Joe™.
 - * The difference between the average female model and typical female is much greater than the difference between the average male and typical male model.
5. Divide into four groups. Instruct participants to create life-sized models of these body shapes. Have them make Barbie™, the average female, and G.I. Joe™, the average male. Set a time limit and provide a variety of materials.
6. When complete, have groups share their creations. Discuss realistic body shapes and sizes versus false and sometimes impossible to achieve body shapes and sizes.

Reality and Make-Believe

Females*

Measurements	Average Female	Typical Female Model	Barbie™ Doll
Height	5 feet, 4 inches ¹	5 feet, 10 inches ²	6 feet, 9 inches ³
Weight	152 pounds ¹	114 pounds ²	
Clothing Size	Size 14 ¹	Size 6/8 ²	
Bust	39 inches ^{1,2}	34 inches ²	41 inches ³
Waist	31 inches ^{1,2}	24 inches ²	20 inches ³

Males*

Measurements	Average Male	Typical Male Model	G.I. Joe™ 1960s	G.I. Joe™ Today
Height	5 feet, 9 inches ¹	6 feet ²	5 feet, 10 inches ⁴	5 feet, 10 inches ⁴
Weight	180 pounds ¹	155 pounds ²		
Bicep			12 inches ⁴	27 inches ⁴
Chest	42 inches ¹	39 inches ²	44 inches ⁴	55 inches ⁴
Waist	36 inches ¹	30 inches ²	32 inches ⁴	36 inches ⁴

¹Centers for Disease Control and Prevention. National Center for Health Statistics. Accessed 1 May 2002. www.cdc.gov/nchs/fastats/bodymeas.htm.

²Kirby, Jane R.D. and The American Dietetic Association. "Excepts from *Dieting For Dummies*®." American Dietetic Association. January 1999. Accessed 15 May 2002. www.eatright.org/dieting.html.

³Holmes, Betty. "Betty's Thought Bullets: The Barbie™ Fantasy." *Wellness IN Wyoming*. University of Wyoming Cooperative Extension Service. February 1999. Accessed 15 May 2002. www.uwyo.edu/winwyoming/.

⁴Pope, G. Harrison, Olivardia, Roberto, Gruber, Amanda, and Borowiecki, John. "Evolving Ideals of Male Body Image as Seen Through Action Toys." *International Journal of Eating Disorders* 26 (1999): 65-72.

*Numbers are approximate and vary by source.

Source: Used with permission of WIN Kids Fun Days, Wellness IN the Rockies, www.uwyo.edu/wintherockies



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Afterschool Curriculum Sign-Up

Name _____ County _____

Email _____ Phone Number _____

Requested Curriculum: (Check those desired)

- Now We're Cookin! Afterschool
- Spa & Healthy Lifestyles
- 4-H Science FUNdamentals
- Clover Cake Decorating

*Curriculum will be sent via Email in a PDF file. There is no charge for the curriculum.
If you have questions, please contact Naomi at (801)399-8206 or naomi.weeks@usu.edu.*

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Weber County 4-H Afterschool Resources

Available for All Schools



To receive a PDF email of curriculum, please contact Naomi at 399-8206 or naomi.weeks@usu.edu, or complete and turn in request form.

Now We're Cookin'! Afterschool

Learn and practice measuring, following directions, understanding food labels, smart shopping, and other kitchen savvy skills. Projects can be adapted for younger and older youth, with or without kitchens.



Clover Cake Decorating

Learn to make frosting and experiment with various frosting tips to make assorted designs. Curriculum only—will need to provide own supplies.

Spa and Healthy Lifestyles Curriculum

Make your own body care products and healthy snacks; explore new relaxation techniques and other health promoting activities.

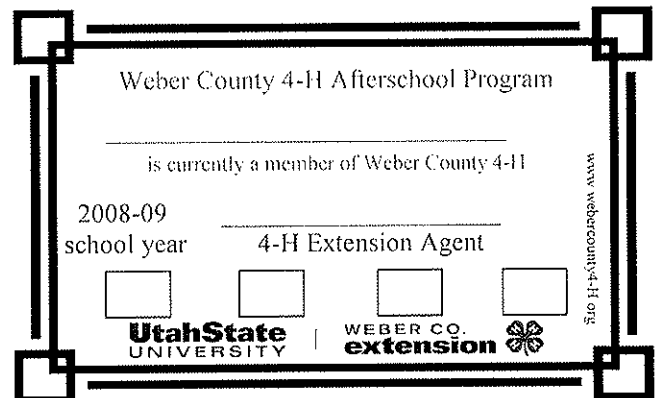
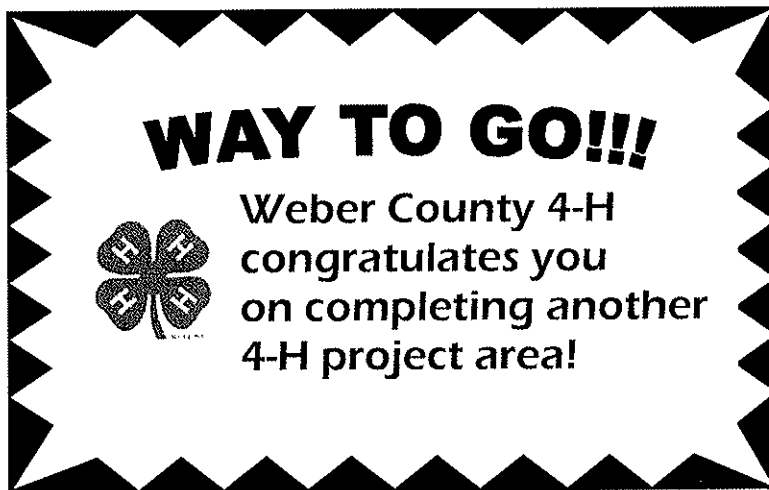


4-H Science FUNdamentals!

Learn about how fun science can be through hands-on experiments! Choose from a variety of 25 different experiments. Activities provided will appeal to both younger and older audiences.

***If you have any requests or suggestions for specific curriculum content areas, please contact Naomi at 399-8206 or naomi.weeks@usu.edu. Feedback regarding curriculum is welcome and appreciated.*

Examples of afterschool mini certificate and membership cards:



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