

# ***SHAPING SUPER HEROES***



***STUDENT BODY &  
THE "TEEN POWER PACK"***



***PRESENTED BY: LENORA REID  
NATIONAL CONSULTANT TEAM MEMBER***

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## ***LENORA REID***

- ❖ ***EDUCATOR: 12 YRS (2 IN ID, 10 IN UT)***
- ❖ ***BS FACS EDUCATION FROM BYU***
- ❖ ***MS OF EDUCATION IN CURRICULUM, INSTRUCTION, AND ASSESSMENT FROM WALDEN UNIVERSITY***
- ❖ ***FCCLA ADVISER: 11 YRS***
- ❖ ***MASTER ADVISER, ADVISER MENTOR***
- ❖ ***UTAH NOMINEE FOR LIFETOUCH EXEMPLARY LEADER, REGION ADVISER OF THE YEAR***





**Musician**



**Love  
Outdoors**

**Quilter**



**The Favorite  
Sister/ Aunt**



**Hiker**

**Recreational  
Jogger**









***GET TO KNOW YOUR TEAM***

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***YOUR PERSONAL HEALTH  
CARE ASSESSMENT: SCAN...***

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## ***BUILD A HEALTHFUL PLATE***

- Fill half your plate with fruits & vegetables
- Drink skim or 1% milk.
- Eat ½ your grains as whole grains.
- Eat many types of protein.
- Scale back on consuming lots of fat & sugar.
- Check for sodium, which can lead to high blood pressure, in the foods that you buy.



## ***THE HEALTHY YOU***

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# THE HEALTHY YOU TEEN POWER PACK

- Eat healthy, Get enough sleep, Exercise---  
BEST WAY TO MANAGE STRESS!
- Healthy Shopping List
- Healthy Snack Ideas
- 15 Things You Didn't Know About Sleep

***HOW TO TEACH TEENS***

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***YOU HAVE 5 MINUTES  
TO COME UP WITH A  
FUN & INTERACTIVE  
ACTIVITY OR GAME  
THAT CONNECTS WITH  
TEACHING TEENS  
ABOUT BEING  
HEALTHY!  
READY, SET GO!***

***HOW TO TEACH TEENS***

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## ***NEW STUDENT BODY PROGRAM RESOURCES***

- Lesson Plan 1: Don't Believe the Hype –NEW Student Body Resource
- Handouts in NEW Student Body Program
- Connecting with Caffeine
  - Drowsy Driving Dangers
  - Eating for the Health of It
  - Eating Right While Eating Out
  - Fast Food Frenzy
  - Healthy Shopping List
  - It's All About the Label
  - Snack Attack
  - Take Charge of Your Health
  - And More...



## ***THE HEALTHY YOU RESOURCES***

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***“MAN...AM I OUT OF SHAPE!”***

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***THE FIT YOU PRE TEST***

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- ***8 VOLUNTEERS***
- ***BRAIN BREAK CENTER COACHES***
- ***EVERYONE GETS TO ROTATE TO EACH BRAIN CENTER.***
- ***COMPLETE THE CHALLENGE SUCCESSFULLY AND GET SIGNED OFF BY YOUR BRAIN BREAK COACH!***



## ***BRAIN BREAK CENTERS***

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- Music Lover: Dancing
- Pack Leader: Running
- Ninja Warrior: Karate
- Two Left Feet: Strength Training
- Thrill Seeker: Skateboarding
- Nature Lover: Hiking & Kayaking
- Free Spirit: Yoga
- Grace Under Pressure: Zumba
- Life of the Party: Team Sports
- Player: Rec Room Games—like Ping Pong
- Bookworm: Bust Out the Earbuds—audio books
- Introvert: Swimming
- Adventure Seeker: Rock Climbing

## ***BEST WORKOUT FOR MY PERSONALITY?***

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# THE FIT YOU

## TEEN POWER PACK

- Get moving, Get outside, & Look Up!
- The Fit You Pretest
- 97 Ways to Work Out
- Best Workout Personality
- Brain Break Centers



## ***HOW TO TEACH TEENS***

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## ***NEW STUDENT BODY PROGRAM RESOURCES***

- Lesson Plan 1: Friends + Fitness = Fun!–NEW Student Body Resource
- Lesson Plan 2: Finding Beauty with Balance- NEW Student Body Resource

### Handouts in NEW Student Body Program

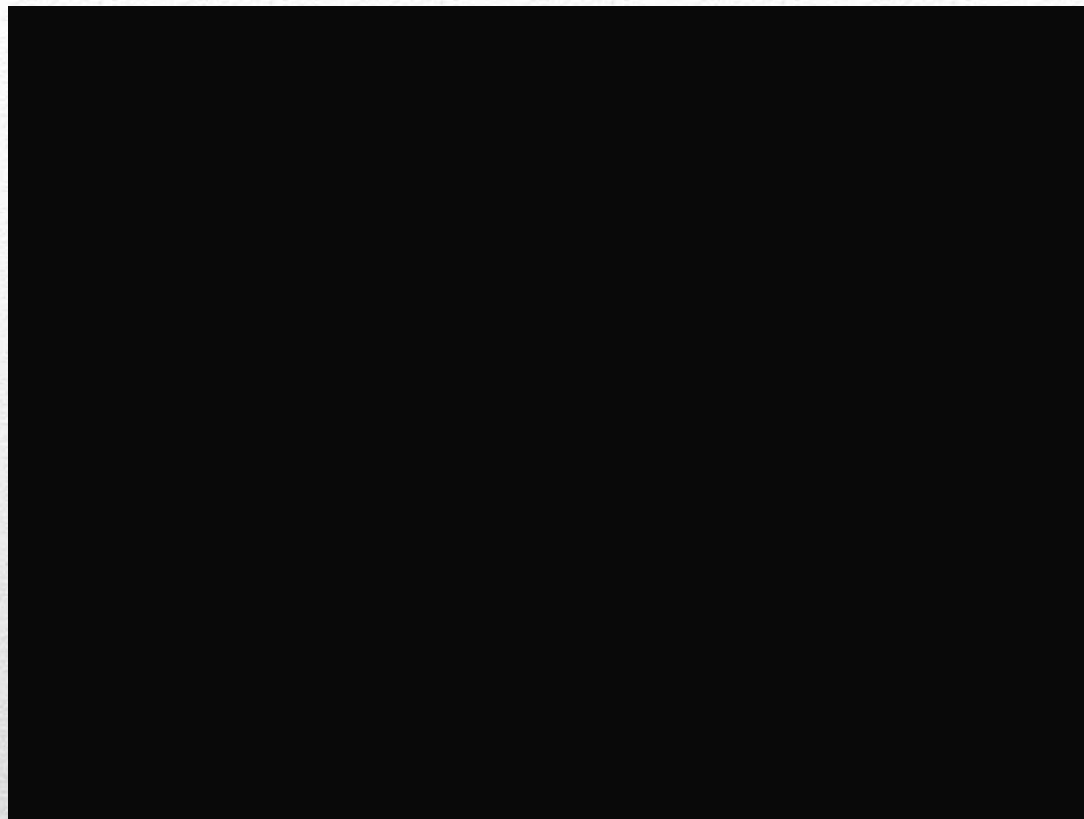
- Are You the Right Fit
- Be Wise, Exercise
- Best Workout Personality
- Brain Break Centers
- Bringing Awareness to Fitness
- Exercise Myths & Facts
- Plan the Work, Work the Plan
- Relaxing Easy as Pie
- The Weight is Over
- And More...



# ***THE FIT YOU RESOURCES***

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***STUCK ON AN ESCALATOR***

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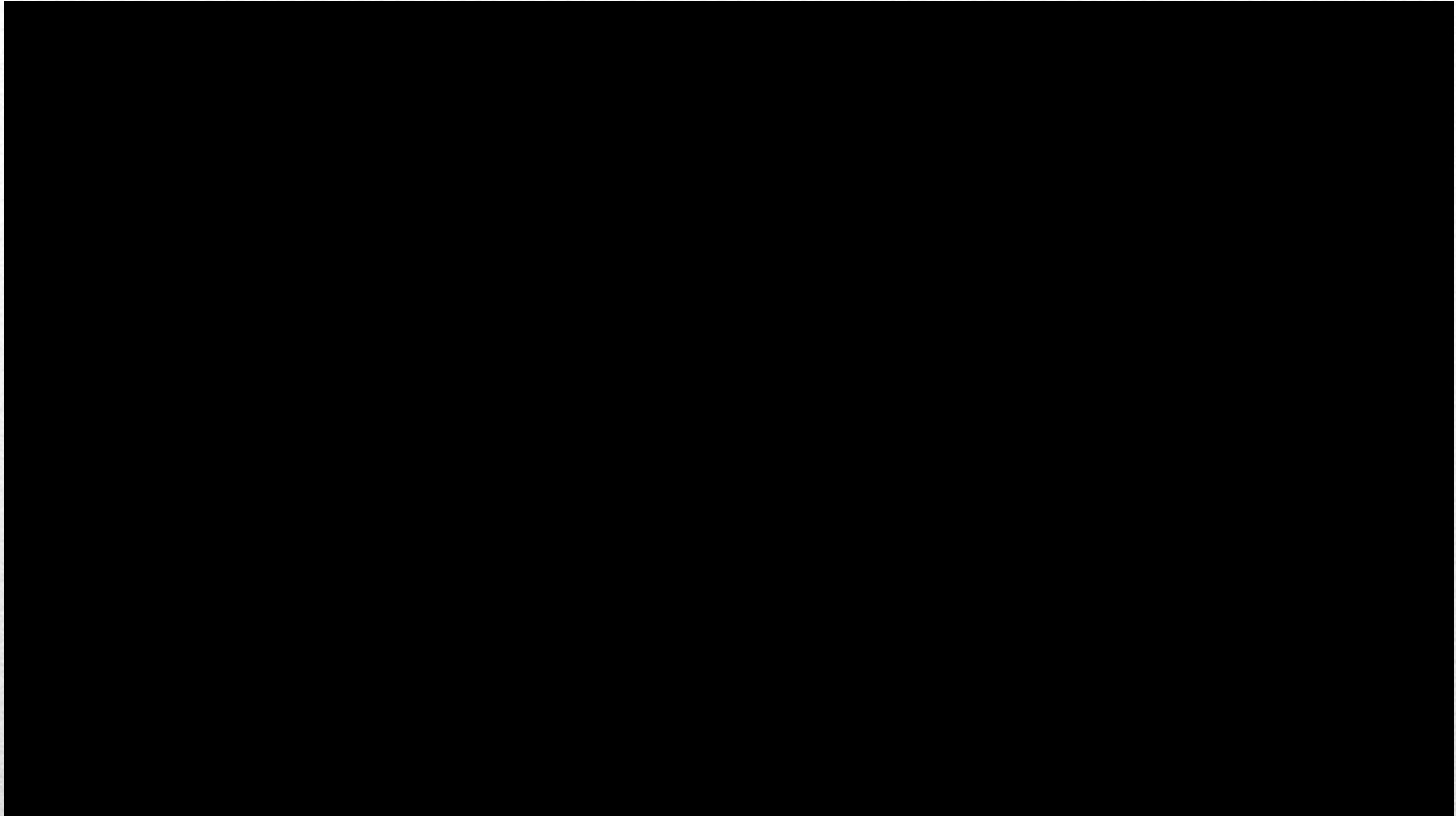




# ***STUDIO C: MAD SCIENTIST***

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***JUST LIKE JOY***

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***THE REAL YOU***

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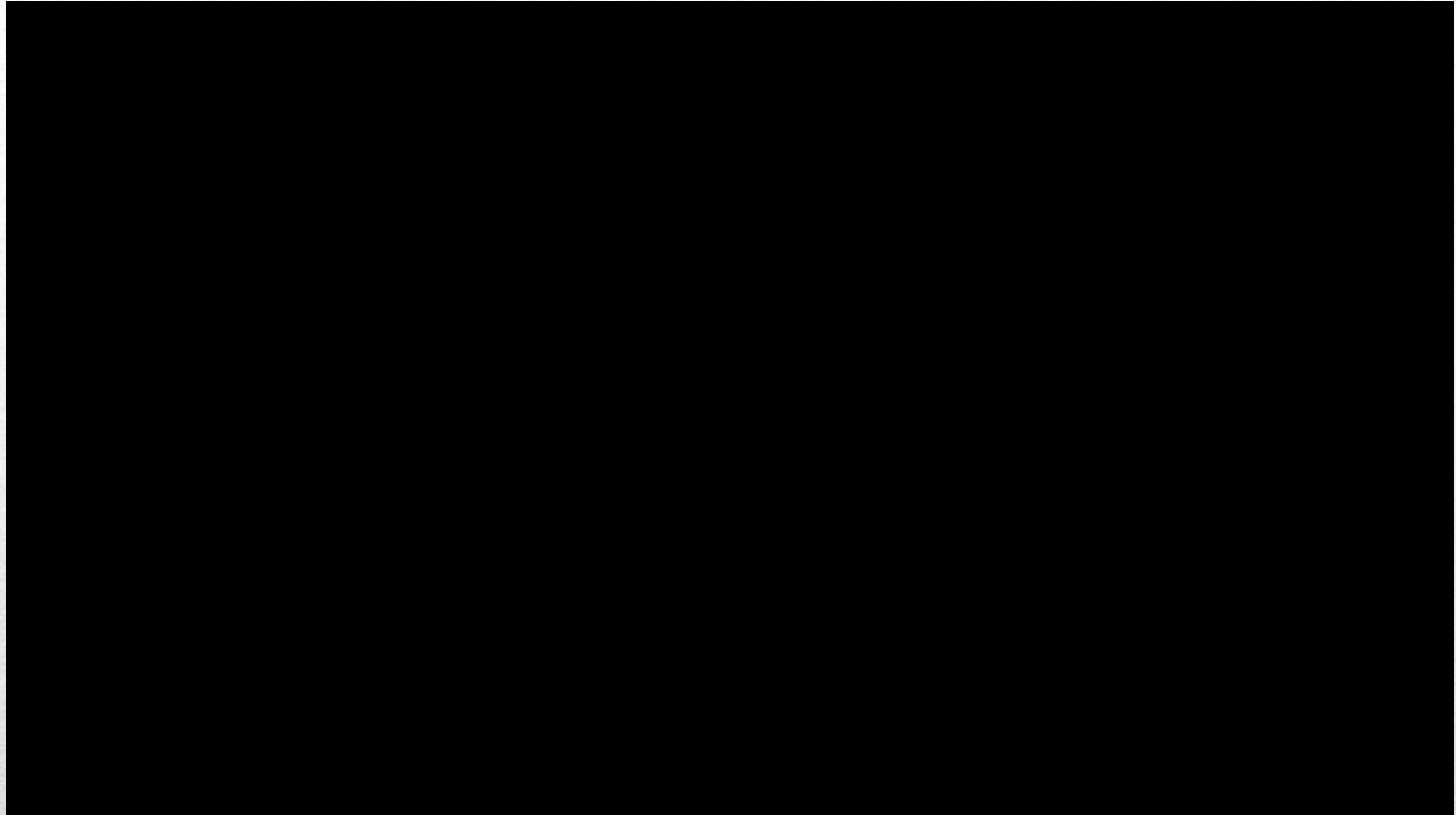




***DRAWING OUT YOUR FEARS***

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# ***A FIRST DAY LETTER***

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Today  
I Make  
things  
happen.

***ACCENTUATE THE POSITIVE***

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# THE REAL YOU

## TEEN POWER PACK

- Frame Your Fears
- Drawing Out Your Fears
- See the Signs
- Accentuate the Positive



## ***HOW TO TEACH TEENS***

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## ***NEW STUDENT BODY PROGRAM RESOURCES***

- Lesson Plan 1: It's A Laughing Matter—NEW Student Body Program
- Lesson Plan 2: History, Habits, and Your Health—NEW Student Body Program

### Handouts in NEW Student Body Program

- Discover the Disorders
- Don't Get Mixed Up
- Don't Let Fears Darken
- Don't Make History Mystery
- Drawing Out Your Fears
- Frame Your Fears
- Mental Myths & Facts
- What Do You Know
- And More...



## ***THE REAL YOU RESOURCES***

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***THE RESILIENT YOU PRE-TEST***

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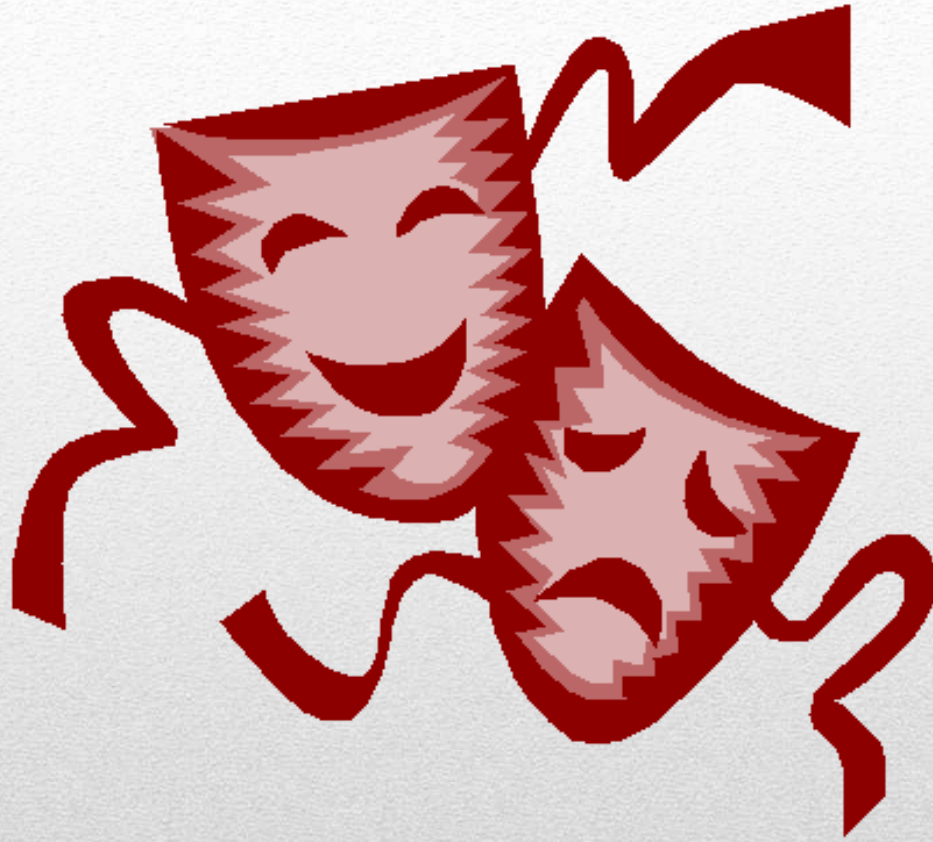




***STEP UP TO THE LINE***

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**Keep Drama on the Stage**

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***MY WEBSITE***

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# THE RESILIENT YOU TEEN POWER PACK

- The Resilient You Pre-Test
- Step Up to the Line
- Keep Drama on the Stage
- My Website
- Mood VS Mindset
- Gritty Goals

*Resilience*

***HOW TO TEACH TEENS***

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## ***NEW STUDENT BODY PROGRAM RESOURCES***

- Lesson Plan 1: STOMP Out Stress- NEW Student Body Program
- Lesson Plan 2: Students Surviving Stress Together—NEW Student Body Program

### Handouts in NEW Student Body Program

- Accentuate the Positive
- Controlling Conflict
- Danger Stress Ahead
- EI EI Know
- Four Cornerstones
- Got Grit
- Gritty Goals
- How Do You Square Up
- How Well Do You Like Yourself
- Mirror Mirror
- And More...



## ***THE RESILIENT YOU RESOURCES***

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***YOU ARE GOING TO HELP SO  
MANY PEOPLE!***

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***ACCENTUATE THE POSITIVE***

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