



Small Victories PRESENTER'S GUIDE

Small Victories is a mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. *Small Victories* reflects the mission and principles of WIN Wyoming, a multi-agency, multi-state network that promotes healthy lifestyles instead of a specific body size, shape, or weight. WIN Wyoming is coordinated through Department of Family & Consumer Sciences, University of Wyoming Cooperative Extension Service. www.uwyo.edu/winwyoming.

Lessons are avail. at: <http://www.uwyo.edu/winwyoming/projects.html>

Lesson Features:

- ✓ Range of times – from 15-60 minutes in length
- ✓ Learning objectives
- ✓ Lists of supplies and materials needed
- ✓ Lesson script
- ✓ Camera-ready handouts
- ✓ PSAs/News releases
- ✓ Evaluation tools

Lesson Titles:

Food and Eating

- ★ Tiny Bites
- ★ How Big is BIG?!
- ★ Rate a Full Plate
- ★ Feel Your Fullness

Physical Activity

- ★ Excuses, Excuses
- ★ Recess Time

Body Image

- ★ Mind Over Magazines
- ★ First Impressions

For more information, contact

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