

How to Organize *Family Wellness Presentations*

Invite Parents and Children to attend a Wellness Presentation together. Begin the presentation with the Parents and Children ages 6 and above together in one room and then split up after the FACT page. Begin with children ages 5 and under in a separate room from the start. Review below ideas for each of the groups of children.

- **What to do with CHILDREN AGES 6 and ABOVE** - Begin in one room and have the parents and children participate in the OXIDATION ILLUSTRATION below. Then continue with the Wellness Presentation as usual including the orange soda, fast food meal and 5 Nutrition Detectives Clues. Exit the children into a separate room after the FACT page and they will watch the 16 minute version of the Nutrition Detectives DVD and do a Nutrition Detectives activity. They will receive a Magnifying Glass as a prize for listening. They can also take turns being CHILD #1 and CHILD #2 in the above shield and water gun illustration. After the children exit, the parents will continue with the Wellness Presentation and watch a Juice Plus DVD as well as ending slides about Juice Plus and review order forms etc.
- **Here is an OXIDATION ILLUSTRATION idea to begin the WP:**

Buy a shield and put a picture of a fruits and vegetables on it – have 2 child volunteers come up to the front of the room and have them face each other. Explain that CHILD #1 represents a cell in our body and we have billions of cells. CHILD #2 represents oxidative stress (hand water gun to that child). Give CHILD #1 a shield and [ask if anyone knows WHY our moms & Dads make such a big deal about eating our fruits & veggies](#). Explain that they protect the cells from oxidative stress because they contain “ANTIOxidants” and then let CHILD #2 shoot CHILD #1’s shield. It is a fun illustration and helps to explain how antioxidants neutralize oxidative stress!

What to do with CHILDREN AGES 5 and under – Begin in a separate room and read the Dr. Sears book *Eat Healthy, Feel Great* and talk about red light and green light foods by using plastic or paper food pictures and have the children place the foods into large brown bags with a red light on the outside of one and a green light on the outside of the other. With extra time, play games like “Hot Potato” or sing songs or do puzzles etc.

SNACKS – Parents and children can gather together again at the end to have FRUIT SALAD and JUICE PLUS COMPLETE smoothies. Have participating distributors each bring 2 cups of cut up fruit to mix into a large fruit salad. Also serve water.

See *WP Checklist* on www.jpteamsupport.com for ideas for handouts etc.