

## Explore: Scenarios

### Meet Nathan

Nathan is a 10-year-old boy who enjoys being active but is having a hard time keeping up in a game of soccer. Nathan can run and understands the rules of the game, but he is not skilled when it comes to kicking or passing the ball. This is starting to upset Nathan, and yesterday you noticed he chose to sit out instead of joining in the game.

How could you help motivate Nathan to get back in the game? Is there anything you can do to help him practice his skills?

*Suggested response: Running, jumping, kicking and throwing, are all examples of gross-motor skills. Encourage Nathan to continue practicing. Try setting up an obstacle course or kicking activities for Nathan to work on his gross-motor skills.*

### Meet Maria

Maria is an 11-year-old girl who is beginning to go through puberty. You have noticed that lately Maria has had body odor and her hair seems unwashed. You suspect that Maria hasn't been caring for her growing body the way she should.

What kind of resources or tips could you share with Maria to help her learn what she needs to do to care for herself?

*Suggested response: The following are all changes that might occur during puberty; body odor, acne, changing or deepening of the voice, underarm hair growth, hips becoming wider and development of breasts. Share with Maria that all of these changes are normal. Talk to Maria about way to take care of her body and also share your concerns with her parents.*

### Meet Hayden

Hayden is a 7-year-old girl who does not like to be physically active. She would rather spend her after-school time playing on the iPad or reading a book than being outside or participating in a group physical activity. You have had quite a few conversations with Hayden to try to come up with some ideas to motivate her to move. You've learned that she does not participate in any organized sports and her family life is pretty hectic. You did discover that her favorite television shows are singing and dancing competitions and that she loves to read about animals.

What are some ways you might be able to motivate Hayden to be physically active? What types of activities could you plan to engage Hayden in physical activity? How could you explain the health benefits of physical activity to Hayden?

*Suggested response: Plan activities that Hayden might be interested in or that may help her cope with her hectic lifestyle. Some suggested activities might be; planning a talent showcase, or a musical, or introducing a daily yoga activity. Physical activity has the following benefits; reduction of stress, improved social skills, improved focus and brain function, and improved confidence and self-esteem.*