



Adult Educator Session Plan

Conclusion to the Health@Home Project

Co-funded by the
Erasmus+ Programme
of the European Union



 léargas



Contents

Unit 1: Conclusion to the Health@Home Project.....	2
Introduction	2
Key Messages.....	2
Warm-up Activity	2
Activity 1: What Is The Health@Home Project?.....	2
Activity 2: Health Literacy	3
Activity 3: Trivia Time!	3
Intergenerational Activity: List of Daily Health Information – Part II.....	4
Reflections and Conclusion.....	5
Additional Resources	5
Attachments.....	5
A1. Role Play Card	6

Unit 1: Conclusion to the Health@Home Project

Introduction

The main goal of this session is to conclude and wrap up everything we have learnt about health literacy and the benefits of family learning.

Key Messages

- What are the main contents of the Health@Home project
- Health literacy can be very useful for all family members

Warm-up Activity

Activity	Would you rather...
Suggested time	30 Minutes
Materials	
Instructions	<ol style="list-style-type: none"> 1. This activity is simple, yet engaging. Come to the session with at least ten “Would you rather...” style questions that can be tough to answer. 2. Divide the room and tell participants that they will have to stand on the side of their answer. For example, the question is “Would you rather A) work very hard at a rewarding job or B) hardly have to work at a job that isn’t rewarding?” 3. If a participant thinks that they would rather work very hard at a rewarding job, they will stand on side A of the room. This game tends to be polarizing but humorous!

Activity 1: What Is The Health@Home Project?

Activity	What is the Health@Home Project?
Suggested time	30 Minutes
Materials	
Instructions	<ol style="list-style-type: none"> 1. Ask participants to form small groups of three to six. 2. Ask them to identify what the most important things are about the Health@Home project, its benefits and its goals. Let each person share their thoughts in their small group. This

	<p>should allow everyone to discuss their thoughts and feelings on the project, so try to keep the discussion going on by asking questions.</p> <ol style="list-style-type: none"> 3. Now, their task is simple: they will have to create a new slogan that sums up all the group members' key ideas. 4. Ask each team to stand up and say out loud their slogan for the rest of the big group. They can add a small explanation on why they chose it. 5. You could also ask participants to write these slogans on a flip chart paper and post them up around the room as a reminder for the rest of the group.
--	---

Activity 2: Health Literacy

Activity	Health Literacy
Suggested time	25 Minutes
Materials	Role Play Card A.1.
Instructions	<ol style="list-style-type: none"> 1. Ask someone to volunteer to play the role of the parent who has been invited to a health literacy workshop and the rest of the group has to respond to them. 2. Role play – One person plays the role of a parent who has received an invitation to a health literacy workshop. S/he is upset and says things such as, “Are they saying I can’t read and write?”, “I know everything about health already,” “I can read labels on medicines,” “It’s not my job to teach my children about health,” “I don’t have time to sit around listening to someone lecture me about health” 3. The other people have attended a health literacy project and respond to every stand from their experience.

Activity 3: Trivia Time!

Activity	Trivia Time!
Suggested time	40-50 Minutes
Materials	<ul style="list-style-type: none"> • Health@Home Parent Manual • Kahoot (online app)

Instructions	<ol style="list-style-type: none"> 1. Hand out a Health@Home parent manual to every participant in the room. 2. Ask all participants to prepare 5 to 10 questions each about all the four different topics we have covered in all the different sessions: Diet and nutrition, mental health, sexual health and social media. These questions can be as tough as they want them to be, just remind them to stick to the things we have covered during all our sessions focusing on health literacy. 3. To make everything more interactive and to bring in some healthy competitiveness, they can upload all questions to Kahoot and play against each other. They will have to use their smartphones for this and follow the instructions inside the app.
---------------------	--

Intergenerational Activity: List of Daily Health Information – Part II

Activity	List of Daily Health Information -
Suggested time	15 Minutes
Materials	<ul style="list-style-type: none"> • Paper • Pens
Instructions	<p>This activity is the same as the activity in the introduction session. However, it might be interesting to see how much longer their list would be after participating in the Health@Home programme. They might realise there is more daily health information than they thought when the programme started?</p> <ol style="list-style-type: none"> 1. Adults and children make a list of all the health information they come across in one day. The winner is the person with the longest list. Spend time talking about the list at the end of day. Ask children what they think about some of the health notices/information they have seen. 2. (It may be an idea to ask participants to reflect on what kind of health information they see on a regular basis e.g. no smoking notices.)

Reflections and Conclusion

Activity	Reflections and Conclusion
Suggested time	30 Minutes
Materials	<ul style="list-style-type: none"> Health@Home Parent Manual
Instructions	<ol style="list-style-type: none"> 1. Ask participants to draw four columns on a blank sheet. 2. Ask them to add the heading 'Fact' at the top of column 1, 'Question' at the top of column 2, 'Aha!' at the top of column 3 and 'Action' at the top of column 4. 3. Now they will have to reflect upon everything they have learnt: 4. · column 1: write one fact that you now know but didn't know before taking this course. 5. · column 2: write one question you still have (if they still have one). 6. · column 3: write one or more new ideas you now have. 7. · column 4: write what action you will take as a result of your new discoveries. 8. You can now begin discussing what everyone wrote down and what they feel is important.

Additional Resources

For the warm up activity, you can look up this website:

- <https://conversationstartersworld.com/would-you-rather-questions/#best>

Here you can find the Kahoot website:

- https://kahoot.com/?utm_name=controller_app&utm_source=controller&utm_campaign=controller_app&utm_medium=link

Attachments

- A1. Role Play Card



A1. Role Play Card

You have been invited to a health literacy workshop.

You are upset about this and say things such as, “Are they saying I can’t read and write?”, “I know everything about health already,” “I can read labels on medicines,” “It’s not my job to teach my children about health,” “I don’t have time to sit around listening to someone lecture me about health”

Listen to the responses from your group. Are you getting convinced to attend?

