

9:00 a.m. to 9:45 a.m.



Colleen Driscoll

Santa Exercises and Runs Across the Curriculum

New author Colleen Driscoll presents an excellent workshop using the WV Healthy Initiatives concepts, along with her book, *Piper the Elf Trains Santa*. Young children can easily understand healthy lifestyle habits in their school subjects by associating the daily activities of Santa to their own. Easily adapted for any age this program will be a favorite of children, parents, and teachers.

One of the main health focuses for today's youth is the need of exercising, eating healthy and maintaining a healthy life style. Today's obesity statistics are alarming to school and health officials. How do educators teach children the value of maintaining a healthy lifestyle? Santa in Training is a children's book on exercise and physical fitness used to entertain children, but is also filled with countless teaching strategies. By the end of this session, participants will discover how to incorporate a variety of subject matter from the story into their daily curriculum.

Instructors will be able to extend the material presented in Santa's physical fitness story to other subjects using a combination of education and entertainment throughout their curriculum.

Creative teaching strategies from the children's book, Santa in Training, will be presented to demonstrate ways of incorporating fun with physical fitness and other subjects. Santa will run across the curriculum in studies of reading and physical education, as well as math, geography, writing, art, spelling, grammar, and fine motors skills using West Virginia's CSOs and the Next Generation Standards for kindergarten through the third grade curriculum.

The session will be presented through distribution of handouts on teaching strategies; reading the story, *Piper the Elf Trains Santa*, while discussing possible teaching strategies; and by engaging the participants in small groups for discussions and brainstorming.