

Student Body Introductory Session Outline

Student leaders or the adviser might use the following plan to introduce Student Body. Be sure to adapt it to the audience's ability and interest levels. Use project examples and resources that will be interesting and useful to participants.

TIMING	ACTIVITY	METHODS	RESOURCES
	Set Up	Prepare Student Body Mixer Handout, Student Body Checkup Handout, and Student Body Checkup Rating Sheet Handout. Collect all other supplies. Prepare materials for overview portion of session.	overhead projector (if using transparencies)
10 min.	Introduction	Welcome participants and introduce yourself. Conduct the Student Body Mixer Learning Activity.	Student Body Mixer Handout
20 min.	Thought Provoker	Ask if participants have ever seen the old TV commercial with the message, "When you've got your health, you've got just about everything." Invite participants to discuss that message. Explain that health is a basic element that makes it easier to succeed in families, careers, and communities. To stay healthy EVERYONE needs to eat right, be fit, and make healthy lifestyle choices. Share some statistics from Just the Facts-Student Body. Conduct the Student Body Checkup Learning Activity.	Student Body Checkup Handout Student Body Checkup Rating Sheet Handout
10 min.	Student Body Overview	Explain how Student Body involves youth teaching youth to eat right, be fit, and make healthy choices. Use handouts, posters, or transparencies to explain— <ul style="list-style-type: none"> ■ Student Body Goals and Topic Areas ■ FCCLA Planning Process Overview ■ Getting Started with Student Body 	handouts, posters, or transparencies
5 min.	Conclusion	Give each participant a small paper plate. Explain that they are going to write down "what's on your plate" in terms of eating, exercise, and healthy lifestyle choices. Allow time for participants to write their one top concern for each Student Body topic area: eat right, be fit, and make healthy choices. Have participants stand and form a circle. At your signal, participants are to throw their concern plates, frisbee-style, into the center of the circle. Then, each participant picks up and reads someone else's plate. (If time allows, have some read the concerns out loud to the group.) Ask one or two participants to collect all the plates. Invite interested participants to form a Student Body team to explore these and other concerns. Announce a meeting date and time. Challenge participants to do something about the concerns and help their peers learn to eat right, be fit, and make healthy choices.	small paper plates