

SPORTS 4 ALL

Review Website: <http://www.s4af.org/>

- Mission: turning disabilities into abilities through sports and healthy activities
- Intern role: provide INTERACTIVE nutrition education
- Intern role: provide handout to get the nutrition message home to their caregiver

Location:

- Centennial Sportsplex, 222 25th Ave. North, Nashville, TN 37203

Allie's Nutrition Strategy with Adults:

"The adults will do well challenging them to choose between things. I want them to have a few options of foods they could eat and have to pick which is healthiest and we can tell them why. Use pictures of foods, create active games, etc"

TEAM Topics:

	FALL
Team 1	<ul style="list-style-type: none">• Healthy Breakfast options (at home & on the go)<ul style="list-style-type: none">○ especially beverages and toppings for toast, oatmeal, waffles, pancakes, etc.
Team 2	<ul style="list-style-type: none">• Packing healthy lunches
Team 3	<ul style="list-style-type: none">• What to eat when eating out (examples of what to grab at fast food, off a buffet, and off a menu)
Team 4	<ul style="list-style-type: none">• Sugary drinks (always a good one, big emphasis on NO MORE SODA!!!)
	SPRING
Team 5	<ul style="list-style-type: none">• Healthy snacks & desserts
Team 6	<ul style="list-style-type: none">• Food substitutions
Team 7	<ul style="list-style-type: none">• Reading food labels (and picking a healthier option when comparing foods)
Team 8	<ul style="list-style-type: none">• How to choose the healthier options (overall review of the year's topics and comparisons between foods to see if the participants can pick what's healthier, not just what tastes better.)

ILLUMINATE ACADEMY

Review website: <https://illuminateacademy.org/>

Location: 1033 Burchwood Ave. Nashville, TN 37216

Mission: Illuminate Academy, Inc is a Tennessee not-for-profit. We are an educational organization for children with Autism and other special needs. An alternative to a public or private school, we educate learners and their families in our community.

School Founder and Director: Jacqueline Nigrelli, M.A.

Allie's Nutrition Strategy At Illuminate:

"At the school the best thing is to come up with some visuals and hands on things. The students work for small periods of time and are good at selecting off of visual aids, but a lot of the students are non-verbal so they point or move pictures better than trying to communicate through a talker. The kids did really well with the water song and drinking infused water this year and the more they could be hands on the better."

<u>FALL TEAMS AND TOPICS</u>	<u>SPRING TEAMS AND TOPICS</u>
1. Myplate/food identification (students are going to be more on the identification)	1. Water over sugary drinks
2. Reading food labels (pick something like sugar and show students how much sugar is in something. They can know a "target number" to see if it's healthy or not)	2. Healthy desserts
3. Healthy lunches	3. Eating healthy when eating out
4. Healthy snacks	4. Overview "go foods" vs. "no foods"

Tips on Working with Illuminate Students from Nancy Childers and Amber Rzeznik (2015-2016 Interns)

The Students

You will be working with students in 3 different classes:

1. The oldest students, ages 10-12, are very verbal, responsive to questions, able to follow directions, and advanced in their communication skills.
2. The second class includes students ages 8-10. These students are the least verbal, may not respond to questions, may not be able to follow directions, and will need the most one-on-one attention. Nonverbal students have iPads they can communicate with, and the teachers can help you with this. They also have a very short attention span, so the best strategy is to work with them individually and then let them play. They will not be able to focus for the full 30 minutes.
3. The third class includes students ages 6-8. These students have a wide range of attention spans, abilities to communicate, and general responsiveness. You should be able to teach this group altogether, but it is best if students complete an activity one at a time while the other students watch.

Take-Away Tips – Remember to Have Fun!

1. Always come prepared with 2 activities in case the first activity doesn't go well. We had prepared a Bingo game, and even though we didn't use it, it was good to have a backup plan.
2. Make sure your game is adaptable. The children tend to have a short attention span, and they will lose interest quickly, so keep changing the game slightly to keep it interesting.
3. Jared and the teachers are very helpful during the activity, especially in keeping the students focused, so don't be afraid to ask for help. Work with the teachers to communicate with the students.
4. Most of the students are very sensitive to sensory overload (this is why many of the students wear earphones), such as loud noises and lots of people, so they may need to take a short break if they get overwhelmed. The teachers will let you know if this is the case.
5. One way to motivate the students during an activity, especially if they would rather go play, is to use first _____ then _____ language. Ex: First game, then swings. This helps them know that if they focus for a few more minutes, they can go play afterward.
6. Some of the students can be very affectionate, so if they hug you or try to jump on you, just remind them to give you "personal space". They should know this phrase and what it means. The teachers will also help with this.
7. Whenever possible, give the students encouragement and positive reinforcement, even if for something very small. Ex: "Good sitting. Good listening."
8. A helpful way to interact with students might be to create a storyboard to teach something new or explain a new idea. For example, a very communicative student might be able to learn about washing their hands by playing with a 5-image storyboard. Other students might respond better to a 3-image or less storyboard about the same topic.