



# Game Plan for Healthy Living Scenarios

## Scenario 1:

Tom is going through a growth spurt. It looks like he's going to be tall like his parents. He is active in hockey, volleyball and tennis. Almost every day of the week he is involved in a sports activity. By the time he gets home from his practices, he barely has enough time to do his homework. Most mornings, Tom wakes up, quickly grabs a glass of milk and a couple of cookies and rushes off to school. During the day, he finds himself snacking on whatever he picks up at the cafeteria – usually French fries with gravy and a pop. Dinner is the only time Tom eats a healthy meal because his parents insist on eating dinner together. Tom has been feeling very tired in class, sometimes even dozing off for a moment. He is worried that if his marks drop, he will be kicked off the school sports teams.



-  Why is Tom's energy level low during the day? What can he do to improve it?
-  What may happen to his body if he continues these habits?



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## Scenario 2:

On most days Omar is home alone after school and in the evening. Typically, he will heat up and eat a frozen dinner and often will snack on cookies, chips, and ice cream while he surfs the net and plays video games on his computer. Sometimes on Saturday, Omar will go to a nearby pool with friends for a swim.

-  What could Omar do to improve his eating habits?
-  What could Omar do to improve his activity level?



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## Scenario 3:

Angelina admires her aunt who is attractive, thin and wears the latest fashions. When she visited a month ago, she said to Angelina, “Looks like you’ve put on a few pounds since I last saw you”. The next day, Angelina began a new routine with morning crunches, jumping jacks and side leg raises. She now skips breakfast every day. For lunch, she eats some fruit. After school, she exercises to her sister’s workout video then goes for a jog around the neighbourhood. When she gets home she is exhausted and lies on her bed to read her teen magazines. She wishes she had a body shape like the girls in the magazines. Her family and her best friend tell her she looks great, but she can't help feeling unhappy about her body.



**How has the comment made by her aunt affected Angelina's body image, self-esteem, eating habits, and physical activity level?**



**If you were Angelina's friend, how could you help her?**

## Case A

# Problem Solving Pathway

Miah is a busy grade seven student, who rarely has time to eat dinner. Miah attends gymnastics three times a week and baby-sits on the weekends. This year she has found that the workload at school has been increasingly difficult. To keep up, she finds herself staying up late at night or using her lunch hour to complete her school assignments. Miah has found that lately she is tired in class and is having difficulty with simple gymnastic routines that require minimal strength. Miah has found that her confidence in school and gymnastics has begun to wane. Use the Problem Solving Pathway to help Miah improve her lifestyle.

### Box #1

What is the problem?  
What are the options?

### Box #2

1)

2)

3)

### Box #3

What are the consequences of each option?

1) Pros

Cons

2) Pros

Cons

3) Pros

Cons

### Box #4

Which option is your choice?

What is the reason for your choice?

### Box #5

What did you learn?

## Case B

# Problem Solving Pathway

Steven plays on two school sports teams. Although he has been praised for being the quickest player, he has heard that if he builds some muscle he could have more strength like some of the other guys who are not as thin as he is. Steven is uncertain why he is so thin because his family refers to him as a hearty eater. Steven's parents who are thin ensure that family members eat various foods from *Canada's Food Guide*. Steven has heard the guys in the locker room discuss muscle building supplements. This has left him quite curious.

Use the Problem Solving Pathway to help Steven make his decision.

### Box #1

What is the problem?

### Box #2

What are the options?

1)

2)

3)

### Box #3

What are the consequences of each option?

1) Pros

Cons

2) Pros

Cons

3) Pros

Cons

### Box #4

Which option is your choice?

What is the reason for your choice?

### Box #5

What did you learn?



## Case D

# Problem Solving Pathway

Troy, a grade seven student who usually enjoys public speaking, was quite embarrassed the last time he presented in class because his voice constantly cracked. Yesterday, his mother suggested that they go out and buy him some new clothes as some of his favourite jeans barely button anymore. Some of the other kids in class have been experiencing some changes as well, and have stated that they are as tall as the teacher. During his daily half hour walk with his neighbour's dog, Troy was thinking about the last time that he grew in height, a few years back in Ms. Einstein's class. This reminds him that he was thinner then, and therefore appeared taller. Troy has begun thinking about his recent bodily changes and starts to question what is "normal". Use the Problem Solving Pathway to help Troy wade through his confusion.

### Box #1

What is the problem?

### Box #2

What are the options?

1)

2)

3)

### Box #3

What are the consequences of each option?

1) Pros

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Cons

2) Pros

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Cons

3) Pros

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Cons

### Box #4

Which option is your choice?

What is the reason for your choice?

### Box #5

What did you learn?