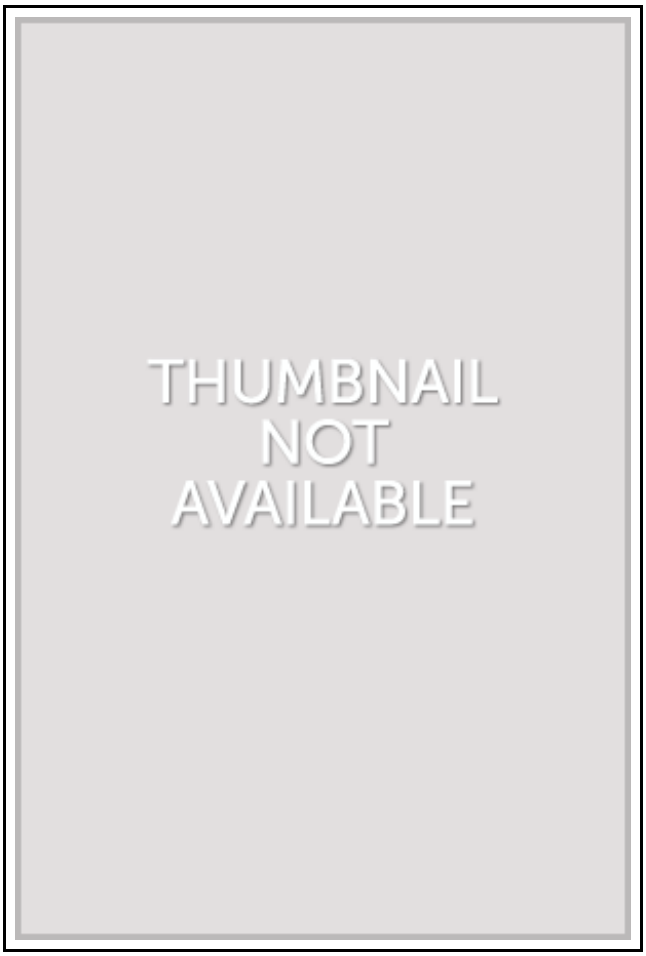
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HEALTHY HAIKU 3: HOW TO FIGHT CHILDHOOD OBESITY ONE POEM AT A TIME (PAPERBACK)

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Focused Health, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is the third in the Healthy Haiku Productions (HHP) Series of books (// and the first to be introduced as an ebook for easy downloading and access. It is designed to do several things. First, it serves as a health awareness discussion platform for teachers and mentors. The term mentor is used to encompass all adults who work with youth and are responsible for youth development including all educators and parents who work with youth. It may be particularly helpful to those needing alternative strategies to educate and motivate the under-served and at-risk youth. Second, this book serves as a guide for: 1) helping children, teens and their mentors explore important nutritional health issues; 2) introducing children and teens to the world of the English Language Arts and Haiku poetry, 3) assisting teens in using their creative talents to describe feelings and experiences related to diet and nutritional health issues -- using a self-reflective process; and 4) creating a Power Source Prompt (PSP) for youth to draw upon when faced with real-life challenges regarding their diets and habits related to nutritional health. Mentors play an important role in communicating concepts, ideas, and values to youth. Because an effective mentor can have a life-changing impact on a young person, he or she can positively change the course of a young person s life. Overall, this workbook provides handy tools and references for mentors to create dialogue with youth about diet and nutritional health issues and about Stepping into their Power in terms of their health to become all that they can be in this lifetime.

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