

Food Skills - Tails of Change Activity Guide

Name of Activity	Tails of Change			
Aim	Icebreaker	Activity ☒	Discussion	Review
Activity Type	Seated	Active/Energizer	Interactive ☒	Passive
Delivery Platform	Virtual	In-person ☒	Virtual & in-person	Other:
Total Time	2 - 5 minutes	5 - 10 minutes	10 - 15 minutes ☒	Other:
Suggested Session	Session 6 during discussion on Living a Healthy Lifestyle and How do Celebrations Fit.			
Objective	Supporting practices that boost personal wellness.			
Materials	• Flipchart with balloons drawn on (make sure to space them out) • Streamers - cut into long pieces (for balloon tails) • Markers			
Time	Activity			
15 min	<u>Activity Instructions</u> ◦ Set Up the Flip Chart: Display a flip chart with drawings of multiple balloons—at least twice the number of participants—where everyone can easily access it. ◦ Write Tails of Change: Ask participants to write one strategy per tail (streamer) that they can use to sustain change or continue applying what they've learned from the program. They may write as many tails as they'd like. ◦ Share and Attach: Go around the group, inviting participants to share their strategies. After sharing, they pin each tail to a balloon on the flip chart.			
Summary	• Small changes lead to big impacts over time; similarly, • Healthy eating is a pattern developed over time. • Include ways to celebrate culture, traditions and the food, and company that comes with them. • Practice mindfulness to support wellness ◦ Recognizing what impacts our food choices - noticing without judgement. ◦ Gratitude for where food comes from, the time and skills that go into producing it.			