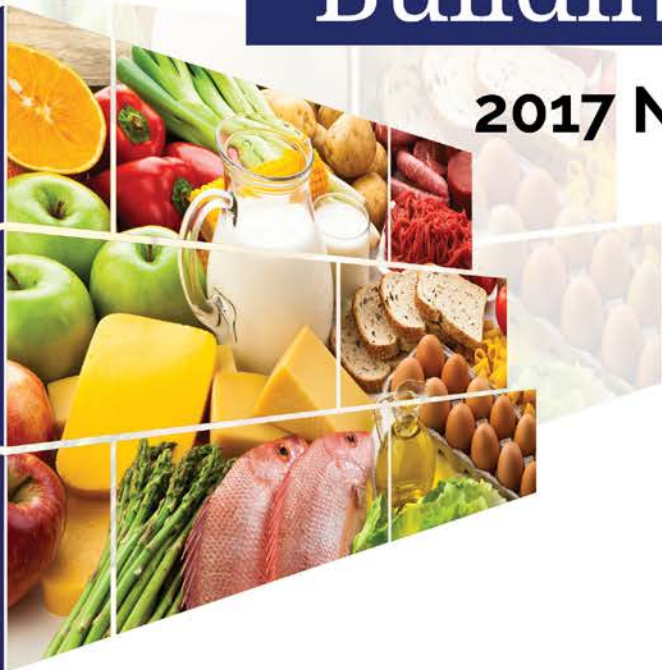




EFNEP

Building for the Future

2017 National Coordinators' Conference



IPSE'_s = ME₂

Bonnie Dunn, WVSU Extension Specialist

Alex Phares, WVSU Extension EFNEP
Program Associate

Teaching Pedagogy of Middle School Youth

2017 National Coordinators' Conference




Building for the Future

Bonnie-ism's

- “They don't know where:
they have been
they are
they are going”
- Therefore they can be putty in the hands
of their role models/teachers

What it all means!

- Intellectual
- Physical
- Social
- Emotional



Move
Engage
Equip

Objectives

- Participants will:

Identify

- Middle Childhood characteristics
- Middle Childhood environment

Objectives

- Participants will:

Identify

- Challenges and learn solutions for a variety of situations
- _ Lesson strategies that will encourage student participation

Intellectual Development

- Prefer interaction with peers during learning activities
- Strong need for approval
- Challenges adult authority
- In a transition period from concrete thinking to abstract thinking

Physical Development

- Experience accelerated, irregular physical growth
- Prefer junk foods but need good nutrition
- Physically vulnerable thus adopt poor health habits

Social Development

- Strong need to belong to a group
- Exhibit immature behavior
- Experiment with new slang and behaviors
- Intimidated by their first middle school experience

Emotional / Psychological Development

- Mood swings
- Intensely concerned about physical growth as physical changes occur
- Need to release energy – sudden outbursts of activity

Practical Application

Alex Phares

EFNEP Program Associate



2017 National Coordinators' Conference



Building for the Future

Move, Engage, Equip

- **Move:** Students vocally collaborate with peers (i.e. constructive chatting) and get out of their seats
- **Engage:** The lesson activates a variety of learning styles and allows students to be creative
- **Equip:** Students leave the lesson with challenges to take home and tools to make better lifestyle choices throughout their day.

Move: Get students out of the seats and eyes off of the board

- Active Activities
 - Throughout the lesson
 - Chance to move and talk
 - Ex. Nutrition Label Ordering
- Stations
 - Groups rotate to different learning stations
 - Best for smaller classes
 - Ex. Vegetable learning, research, and taste test

Engage: Different methods in a single lesson captivates students

- Creative Group Work
 - Quick collaborative project
 - Use art supplies, technology
 - Present to class
 - Ex. Fast Food Game Plan
- Interactive Journals
 - Best for smaller, flexible classes
 - Students personalize notebooks with worksheets from lesson and recipes
 - Take home after post-test

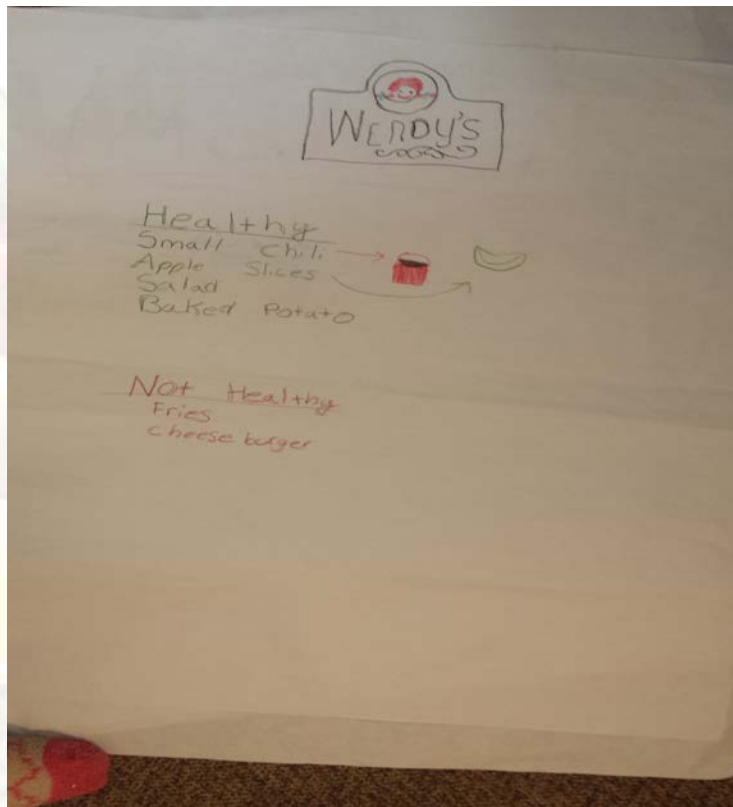


Taco Bell

2017 National Coordinators' Conference



Building for the Future



Wendy's

2017 National Coordinators' Conference



Building for the Future



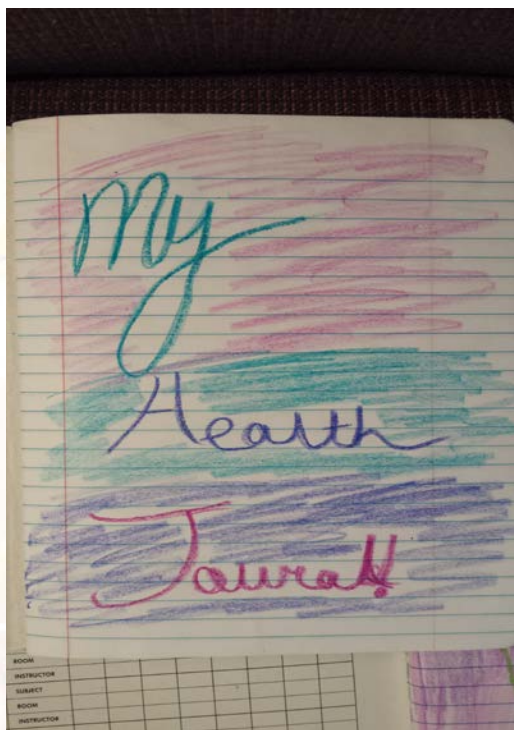
Subway

2017 National Coordinators' Conference



EFNEP

Building for the Future



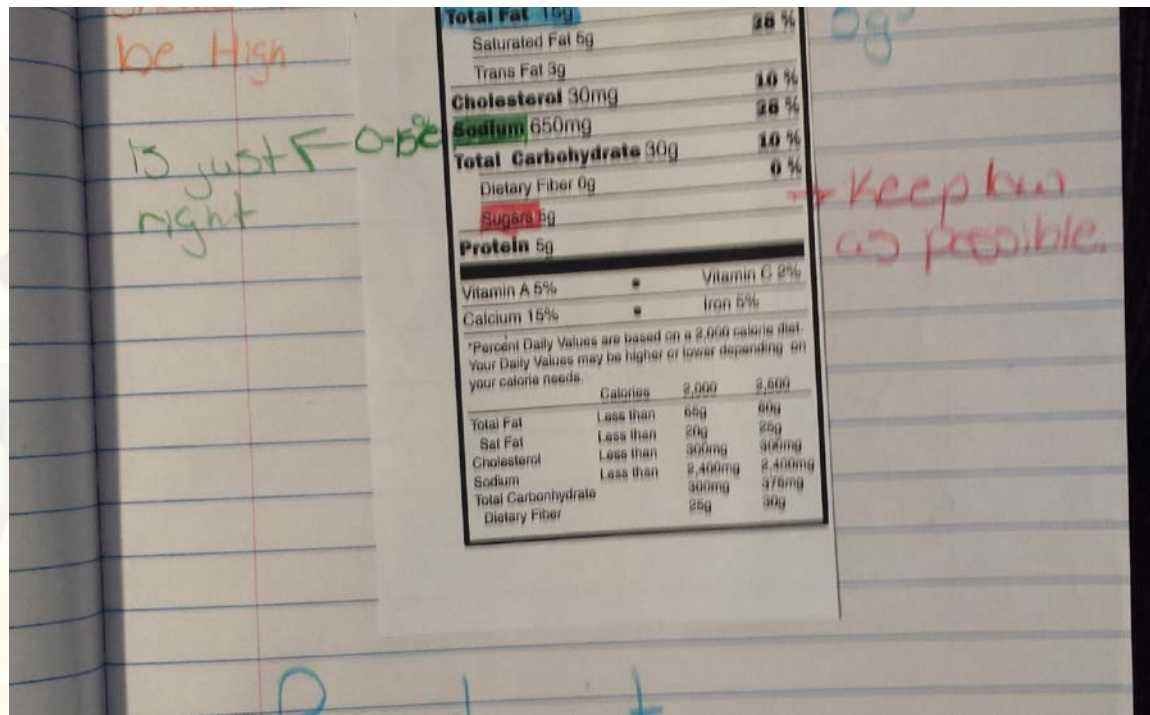
Interactive Notebooks

2017 National Coordinators' Conference



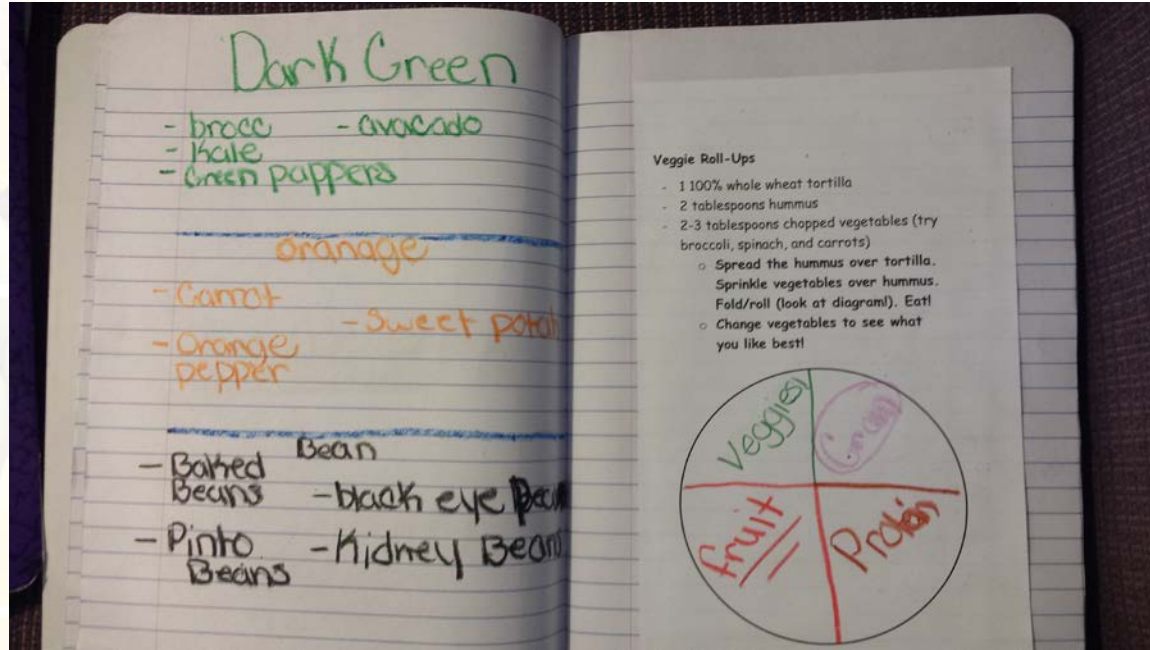
EFNEP

Building for the Future



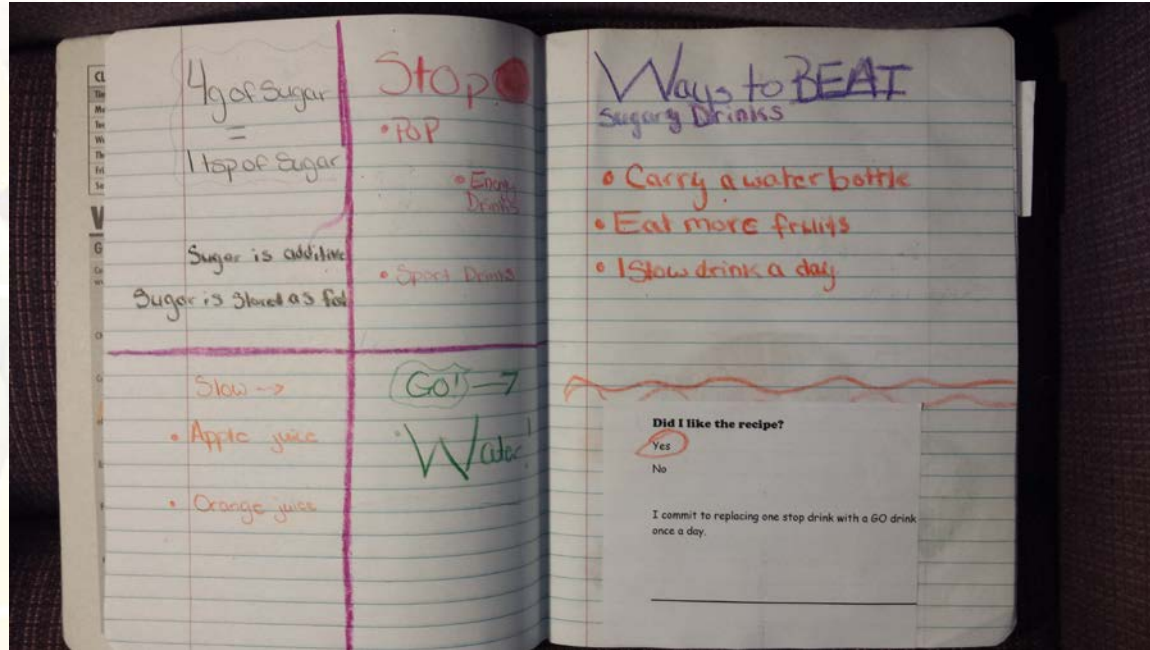
Interactive Notebooks





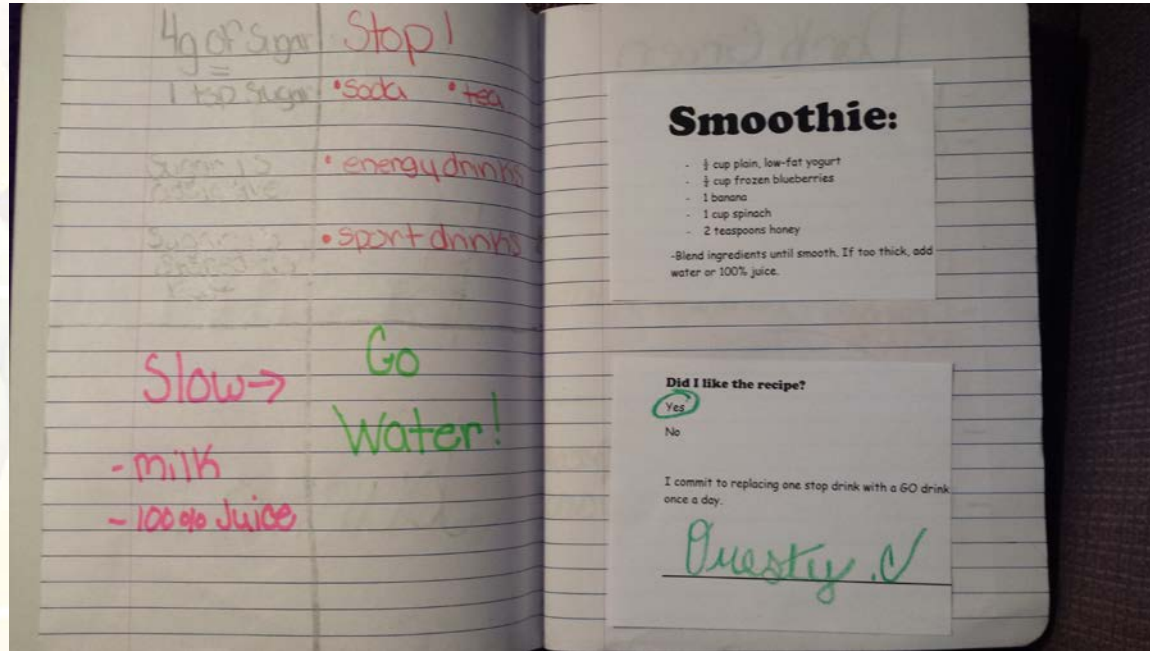
Veggies





Stop and Go





Smoothie



Equip: Students leave the class with the knowledge and motivation to make changes

- Class Challenges
 - Create a challenge and point system for entire class
 - Create a class point goal and reward
 - Ex. Water Bottle Challenge
- Personal Goals
 - Set a realistic goal
 - Document it throughout week
 - Earn points contributing to the class points OR simply share during snack time