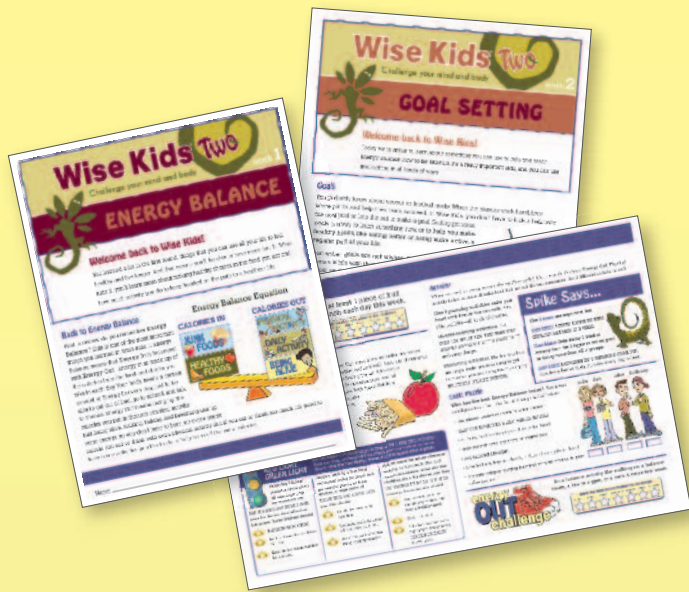


# Wise Kids® TWO Program at a Glance



## Empower Kids With Knowledge!

Wise Kids® Two, developed by the Sājai® Foundation, reinforces and broadens the health and activity messages that children, ages 6 to 11, learn about in the original Wise Kids program. Upon completion of the base Wise Kids® program, nearly all of the kids participating in the program express an interest in learning more about healthy eating and activity. Wise Kids Two lets them explore and understand these topics at a deeper level while having fun!

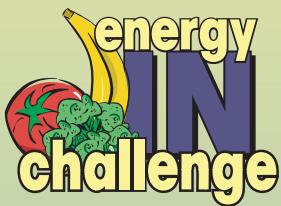
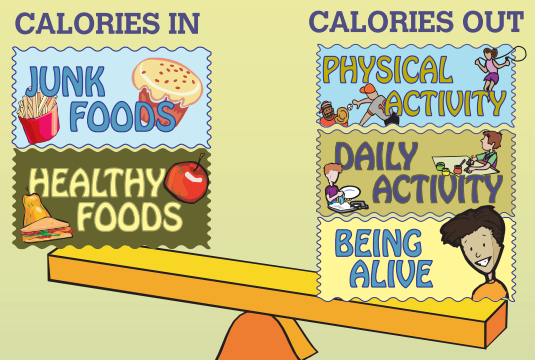
## It's All About Balance

Like the other Wise Kids programs, Wise Kids Two is based on the central concept of Energy Balance. That means energy IN (calories from food) should equal energy OUT (calories for activity). Wise Kids Two dives deeper into both sides of the Energy Balance equation, learning about concepts such as the importance of water to the body and discovering what a serving size is relative to everyday objects. In addition, the children will learn how to set goals and develop personal goals for both nutrition and activity.

In the nine sessions, the Wise Kids Two program covers these topics:

- Energy Balance
- Goal Setting
- Daily Needs and Serving Size
- Vitamins
- Balance in Action: Moving it Outside
- Bones
- Muscles
- Water
- Graduation

## Energy Balance Equation



## Program Format

The Wise Kids Two program follows the Learn-Do-Play format, which encourages children to first LEARN about concepts and then DO activities related to those concepts. These activities encourage group participation and hands-on applications of the concepts. Physical activities then get the children moving and having fun for 30 minutes during each session. In addition, each lesson includes Energy In and Energy Out challenges to help children begin to make wise nutrition and activity choices every day.

For more information, please contact Amy Rea, Communications Coordinator, by phone (952-288-3364) or email ([Amy@sajaifoundation.org](mailto:Amy@sajaifoundation.org)).





## Take an active role in fighting childhood obesity with **Wise Kids® Two.**

- Gives kids ages 6 to 11 the knowledge to make wise nutrition and activity choices.
- Curriculum format has been proven to be successful in a wide variety of settings.
- Arrives to you as a turnkey kit which saves valuable staff time, allowing your staff the ability to focus on the children rather than on program development. Implementation is easy because everything you need to run a successful program is found in the kit, including the curriculum, training and marketing materials, and the program evaluation tool.
- Wise Kids Two utilizes Wise Kids kit items like the Food Pyramid Bingo game, allowing you to extend and enhance the base investment already made in the Wise Kids program.

The Wise Kids Two Program Kit Includes the Following:

### SMALL SITE KIT FOR 30 CHILDREN

- 30 Workbook Sets
- 3 Training Guides
- 1 Training CD
- 1 Marketing CD
- 30 Water Bottles
- 30 Temporary Tattoos
- 1 Nutrition-Focused Poster
- Evaluation tool

Price: \$475

### LARGE SITE KIT FOR 100 CHILDREN

- 100 Workbook Sets
- 5 Training Guides
- 1 Training CD
- 1 Marketing CD
- 100 Water Bottles
- 100 Temporary Tattoos
- 2 Nutrition-Focused Posters
- Evaluation tool

Price: \$1,100



### About the Säjai® Foundation:

The Säjai (pronounced "saw-jay") Foundation, a Minnesota-based 501(c)(3) organization, is dedicated to working with local communities to educate kids about how to live a healthier life by encouraging them to get outdoors, to get active and to make smart nutrition decisions.

Healthier Kids. Healthier Communities. Healthier World.

Visit [www.sajai.org](http://www.sajai.org) today for more information or to order your program.

