

Family and Caregiver Resource	Corresponding Session
<p>Healthy Conversations Travel Game Youth and families play a game in which they create opportunities to talk together about interesting and thoughtful topics. This activity will support youth skills in asking questions and seeking support from trusted adults.</p>	<ul style="list-style-type: none"> • Grades K-2 Session 4: You've Got My Attention • Grades 3-5 Session 4: You've Got My Attention • Grades 6-8 Session 4: Active Listening
<p>Decision-Making Discussion Guide Youth discuss and practice their decision-making strategies with their families. Includes opportunities for families to share how they could support decision-making.</p>	<ul style="list-style-type: none"> • Grades K-2 Session 7: Decision-Making Magicians • Grades 3-5 Session 7: Freeze! • Grades 6-8 Session 7: AMAZE-ing Decisions
<p>Celebration Night Agenda Emphasize the value of promoting healthy lifestyles by inviting families to attend a Family Night in which they learn about and experience some of SMART Moves: Core, complete with youth presentations of what they've learned.</p>	<ul style="list-style-type: none"> • Grades K-2 Session 11: More Than Meets the Eye • Grades 3-5 Session 11: Be Your Own Influencer! • Grades 6-8 Session 11: Defining our Healthy