



Collection of good practices from using the EmpowerKids Tool and healthy workshops

FINLAND - *Playing the EmpowerKids tool*

- Four games should be played in parts in several sessions, so that children have enough energy to concentrate on playing the different parts and discussing their results afterwards.
- The Tool can be used to play in a group on a day with a dedicated theme, for example “Healthy nutrition day” when the Nutrition part of the game is played.
- After the child’s playing session, when concern arises of a child’s health, teacher could have private discussion with child and a social professional afterwards.
- The child can play the Tool also with other professionals (for example public health nurse, social welfare officer) and in private.
- Pictures, questions and answering options in the Tool need to be adapted to the children’s cognitive capacity, to serve the purpose of promoting children’s and families’ health and wellbeing.
- The professional can install a QR code reader program on the device a child will be using. Free apps for this are available with the ability to create and scan codes and hard-link to an external URL. The professional can print out the QR-code on paper (for EmpowerKids Tool) and children can get quick access to the Tool. This saves professionals’ time.



FINLAND – *Healthy Workshops*

- The children enjoyed preparing and tasting their own healthy snack that they prepared during the healthy workshop. They enjoyed the practical way of making something healthy. Practical skills are good to have in taking care of yourself and your healthy diet.
- It's valuable to use a simple way of demonstration or mnemonics to help the child to remember and learn new things about health, for example your own handful size (of vegetables, fruits or berries) to remember to eat vegetables, fruits or berries five times a day.



LATVIA - *Playing the EmpowerKids tool*

- EmpowerKids tool provides the professional with valuable and useful information about a child's health and wellbeing.
- The tool can also help, when a child is secluded and does not want to talk with a professional about his family situation (especially concerning emotional well-being). During the game, a child can unconsciously indicate problems that otherwise would not be discovered during a conversation.
- The tool should be used at times when a child feels well and nothing distracts him or her from focusing on it.



LATVIA – *Healthy Workshops*

- Children found juicing healthy juices to be an exciting activity and were actively engaged in all procedures. Children were introduced to the diversity of healthy products and different ways to use them on a daily basis. Cooking together is a good tradition, children are friendly and they help each other. This tradition of active participation of children should be kept for the purpose of exploring a healthy lifestyle. Learning to prepare healthy foods on one's own with help of adults is a valuable activity.
- Sandplay therapy sessions are an important activity to investigate the psycho-emotional state of the children. The sessions provide a possibility for a child to arrange miniatures in his or her world in a sandbox turning it into narratives of the deepest sources and layers of his or her personality. Children were engaged and excited of this activity. In order to change the emotional well-being each child would need to attend several sessions. Sandplay therapy sessions give a great opportunity of parental outreach and discussing emotional well-being of a child.
- Bowling is a good, suitable and fulfilling leisure activity to attend both with friends and the family. All children were satisfied, comparing results and achievements. Bowling was not familiar to everyone. Awareness of a new experience boosts a child's self-confidence. It is important to show diversity of activities and their local availability.
- Parents were invited to participate with their children in making of healthy meal. Shared time, shared cooking and eating with parents made participants more accepting. Conversations after the activity was fruitful and necessary for many parents. Cooperation of children and parents during an activity tells about the relationships and atmosphere in their families. Practical activities help improving communication among children and to pose questions about healthy nutrition.
- In the meeting with a trail ultramarathon runner, he told about his involvement in sports, benefits and shortcomings of running, which encouraged children to have an active lifestyle. Theoretical information and practical physical exercise are a good method to arouse children's interest in physical activities with a real and positive example. It also teaches to communicate with unknown persons, to pose questions, wait for and listen to answers.
- Hiking and shared time outside makes it possible to assess cooperation between adults and children, and among all children. It is important to show children that the vicinity offer different interesting possibilities for physically active, fulfilled ways to spend leisure time. Diversity of activities (for example aerobics, belly dancing, salsa and Go Go dance) is a good experience for children.



ESTONIA - *Playing the EmpowerKids tool*

- The tool suits better to older children, referring to that kindergarten children might have issues with understanding of the content and might lose concentration, because of the length of the tool (four different parts)
- For a kindergarten child, the tool should be shorter, with less alternatives (apple baskets – timely options, similar apples - choices, smiley face options)
- Professionals found that as a method the app is very interesting, innovative, good and suitable addition to the existing methods (from the point of view of digital competence). EmpowerKids app allows to get more information and provide individual feedback to the child.
- The outcome of tool might be influenced by the professional who is playing with the child. It is important that the professional knows the child.
- It is necessary that the tool can be played in shorter parts.
- Some technical improvements were suggested regarding the quickness of the tool



ESTONIA – *Healthy Workshops*

- Children were eager to acquire new knowledge at the healthy nutrition workshops. Following topics were discussed: food pyramid, basic food groups, optimal number of portions per day, a healthy breakfast, why nuts and seeds are useful, what are the children's favorite vegetables and fruits, what is the difference between wheat flour and durum wheat, high sugar content in different dairy products, the importance of fresh water, the difference of self-made food and ready-made products etc. They compiled a picture-collage of food pyramid together. Children cooked together healthy foods, which are easy to prepare, nutritious and price-friendly and they learned the right techniques for peeling and cutting vegetables. Children were interested in cooking, they learned new skills and self-made food tasted great!
- Sleep training was directed to parents. Unfortunately, we know a little about sleep and usually do not keep our sleep healthy. Talking with participants revealed that many have problems with sleep. Studies have shown that on average, a person needs 8 hours and 15 minutes sleep in a day. Sleep need depends on age. Teenagers need a 10-hour sleep at night. The importance of sleeping routines. Vividness and sleep efficiency.

