

Youth in Motion: Turtle Tykes Pre-K Behavioral-Health Program
Age Range: 3 and 4

Turtle Tykes introduces healthy behaviors to children as early as age 3. Turtle Tykes was developed by Healthy Lifestyle Choices in partnership with the American Health Foundation. The program meets all the curriculum guidelines for developmentally appropriate practices established by the National Association for the Education of Young Children (NAEYC).

The Turtle Tykes curriculum includes a variety of health topics and activities that develop students' emotional, physical, and cognitive abilities. Topics include: self esteem, healthy eating, physical and emotional wellness, communication skills, decision making, recognizing and understanding feelings, safety and hygiene.

Implementation

The Turtle Tykes Pre-Kindergarten curriculum can easily be integrated into a traditional Pre-K format. The program is comprised of six units with five lessons in each unit, and includes such customary activities as circle time, small group activities, music & movement, as well as ideas to incorporate concepts into learning centers.

The Turtle Tykes curriculum includes assessment cards that may be used to assist in observing and documenting behavioral change related to the curriculum objectives. Each unit card has five objectives from the unit listed. When a student is observed practicing one or more of the objectives, the date and the type of evidence collected is documented (work product, photo or sketch, anecdotal note, etc) and attached to the collected sample. A performance rubric is included that can be used to score each sample.

To view a sample lesson and online resources, visit www.hlconline.org.

Contact

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Healthy Lifestyle Choices (HLC) is a New Orleans-based national non-profit organization empowering youth with the knowledge and skills to make healthier choices in the areas of nutrition, fitness, violence prevention, safety and substance abuse prevention.