

EDUCATOR TIPS



Activities

Depending on the size of your group and amount of time you have, you may use activities to engage the group or give them a chance to practice what they are learning. Examples include:

Our Health Is Important:

Give each member of the audience a letter or word in the phrase “Our health is important.” Inform participants that the letters that they hold form an important message. Instruct them to move themselves around the room to form the message. You may have to give some ideas about the nature of the message, but allow the participants to arrange themselves in the right order. Ask someone to read the message aloud. NOTE: This activity can be done with other messages, too, like “Know what is normal for you” or “Know your risk” or “Get screened.” You can adjust the phrase based on the size of your group.

Practice New Skills:

Adult learners often respond well to practicing what they are learning. Using resources like, *Questions to Ask the Doctor*, put participants in pairs and give each a few minutes to practice asking each other questions that they may want to ask their health care provider.

Movement:

When you discuss including more exercise in daily life that may reduce the risk of breast cancer, you might ask audience members to stand and move around. You can ask them to walk in place, raise arms above their heads, stretch or practice other basic movements that they can do while watching television. This gives everyone a break from sitting. It also allows audience members to practice movements they can do at home to create or maintain a healthy lifestyle.

Breathing Relaxation Exercise:

Ask the audience members to take a deep breath in, hold it for a few seconds and then slowly exhale. You may count out loud to guide participants in their breathing. Repeat a few times. Share with the audience that this can help prepare for mammograms because the technologist will either say, “hold your breath” or “don’t breathe” during a mammogram. If there are men or younger women in the audience, this is good practice for managing and releasing stress at any time.