

Education & Training Guidelines

Background

The ***kids teaching kids***[®] Healthy Lifestyles program was created to help children and their parents build a lifetime of healthy habits through nutrition education and wellness activities. Each school year the program hosts the *21-Day Snacking Challenge*. It engages high school Career and Technical Education (CTE) students to teach elementary school students healthier snacking habits while providing other wellness and activity education.

Objective

Creating the script for a wellness video on an assigned topic. We encourage the Education and Training students to work with the district's lead counselor on the scenario/direction of the video. Once approved, the Audio/Visual department will produce the video with the direction of the Education & Training teacher and students.

Wellness Video Guidelines

- Instructor:
 - Selects a topic from Kids Teaching Kids.
 - Decide who and how many students will participate.
 - Obtain [consent forms](#) for all students involved.
 - Coordinate with A/V students to create the final video.
 - If A/V students are not able to assist, possible platforms that can be used to create the video include, but are not limited to Canva and Adobe Premier Pro.
 - **If your district does not have an A/V student program, use the 'photo/video guidelines and submission specifications' on the A/V Guidelines Form for guidance and submission links. [HERE](#)**
 - Submit video by deadline.
- Students:
 - Determine how they would like to convey the message (e.g., a short story with a conflict and resolution, discussion between characters, etc.) - see "Tips" on the next page.
 - Develop a script (2 minutes or less).
 - Choose a layout style of the video (e.g., graphic novel, storybook, etc.).
 - The audience is K-5, but focus on grades 2-4 (e.g., not too juvenile, but not advanced).
 - Create a "title image" that will show the information about your video (this will be used on the recipe page above the link to the video.)
- Click [HERE](#) for an example in a graphic novel style.
- Click [HERE](#) to see the winners from last year's book.

Wellness Video Submission

- **Deadline: January 31, 2027:**
 - Save title image as: **District Name_Instructor Name_Story Name_Wellness Topic_Picture**
 - Save the video file as: **District Name_Instructor Name_Story Name_Wellness Topic_Video**
 - See A/V guidelines for submission links if A/V students are not participating.
- **Contest Criteria:**
 - Judging criteria is based on: *relevance, originality, and quality*
 - The top 10 videos will be selected across all districts to be published in the following year's KTK Recipe Book
 - If selected to be in the book, the classroom will receive funding.
 - Additional funds awarded if the wellness video is selected in the top three.

Tips for script and video

- The categories for wellness topics are:
 - Respect for Others
 - Recognizing Strengths
 - Stress Management
 - Communication
 - Solving Problems
 - Reflecting
 - Organization Skills
 - Resolving Conflicts
 - Empathy
 - Identifying Emotions
- When developing the script, consider common arguments and issues for elementary aged children:
 - Disputes over objects and space (e.g., sharing and personal space)
 - Competition and fairness (e.g., game disputes, grades, popularity, attention)
 - Social interactions (e.g., teasing and insults, whispering in front of others, social exclusion)
 - Other factors (e.g., bullying, individual differences, frustration)
- When developing the video, consider formats that are appealing to a variety of students. Graphic novels are very popular - here are a few examples.



Yes," her mom said. "It's light and delicate, like how you feel right now. But no matter h

