

List of Materials and Handouts- Lesson 4

For Presenter's Use:

Packing List – Lesson 4

Healthy=Beautiful PowerPoint Presenter's Notes

For Duplication:

Inner Strengths and Qualities

Doll Cut-out

Letter to Role Model Stationary

Pacific Islander Health Spa Invitation



Teen Health Spa Packing List- Lesson 4

P
R
E
P

TO BUY (perishables)

- Melon
- Snacks (optional)

TO PREPARE

- Melon Cooler***
- Cut-out and assemble Dolls
- Snacks (optional)

General Supplies

- Scissors
- Masking tape
- Extension cord
- Gloves (for food handling)

- Zip lock bags
- Garbage bags
- All-purpose cleaner
- Paper towels for easy clean up

Food

- Melon Cooler***
- Snacks (optional)

Set-up Materials

- Tablecloths (optional)
- Flowers
- Coconut shells
- Wall decorations
 - Inspirational quotes*
- Pens or pencils
- 1-2 pitchers (if providing cold water)
- Plastic water cups (if providing cold water)
- Stereo/speakers
- Music
- Computer
- Projector
- Nametags
- Sign-in Sheet
- Participants' Folders
- Lesson agenda (use whiteboard in room, or prepare poster ahead of time)

Lesson Materials

Activity 1: Taste the Flavor

- 4-6 oz cups, 1/person

Activity 2: Healthy=Beautiful

- Healthy=Beautiful PowerPoint Presentation*
- Healthy=Beautiful PowerPoint Presenter's Notes*

Activity 3: Friends and Inner Strength

- Stickie-notes (2 colors)
- Inner Strengths and Qualities**
- Doll Cut-out*

Activity 4: Role Models

- Letter to Role Model Stationary*
- Pacific Islander Health Spa Invitations**
- Envelopes
- Colored markers

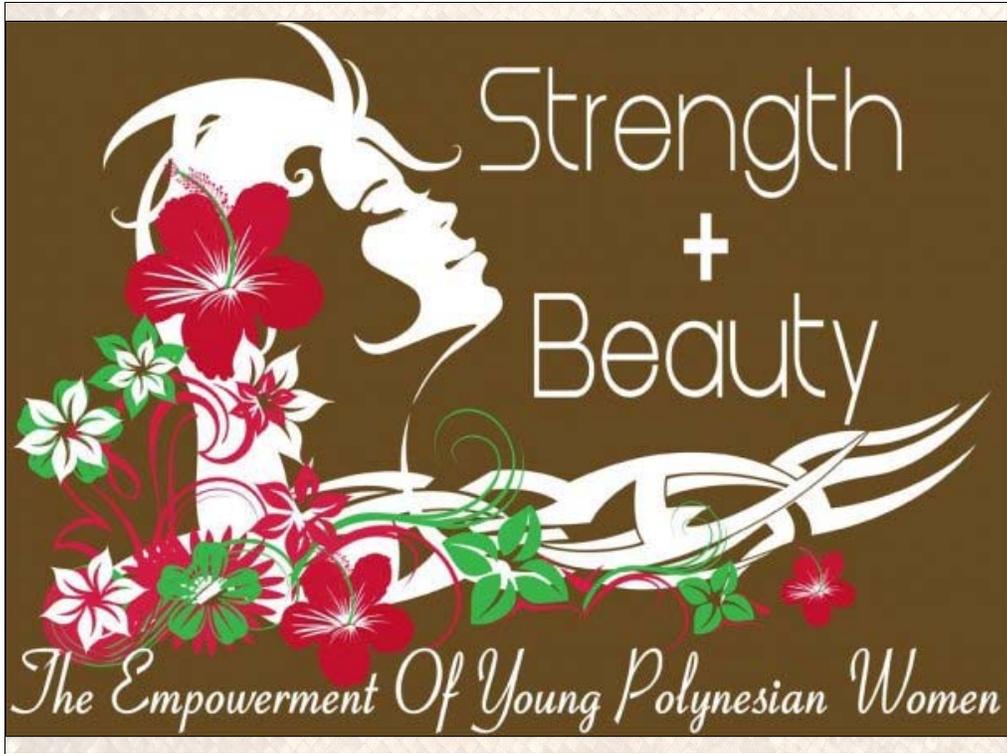
P
A
C
K
I
N
G

S
E
T-
U
P

Room set-up

- Set up room and tables to give the setting a "spa" feel. Use rose petals in coconut shells, pens/pencils and folders on table; hang wall decorations; play music.
- Make sure the room is set up so that everyone can see the PowerPoint presentation.

* Handout is included in the Materials and Handouts– Lesson 4 Section
 ** Recipe can be found in the Water Handout from Lesson 1



Strength

+

Beauty

The Empowerment Of Young Polynesian Women



Inner Strengths and Qualities



Dependable	Active	Fair
Musical	Brave	Loyal
Playful	Confident	Motivated
Responsible	Caring	Honest
Independent	Bold	Original
Kind	Grateful	Positive
Helpful	Energetic	Proud
Adventurous	Enthusiastic	Real
Intelligent	Exciting	Spiritual
Creative	Fascinating	Unique
Quick thinker	Feisty	Unselfish
Organized	Fun	Upbeat
Funny	Hardworking	Valuable
Compassionate	Giving	Talented
Fun to be with	Imaginative	Smart
Eager to learn	Important	Curious
Artistic	Interesting	Forgiving
Respectful	Joyful	Thoughtful



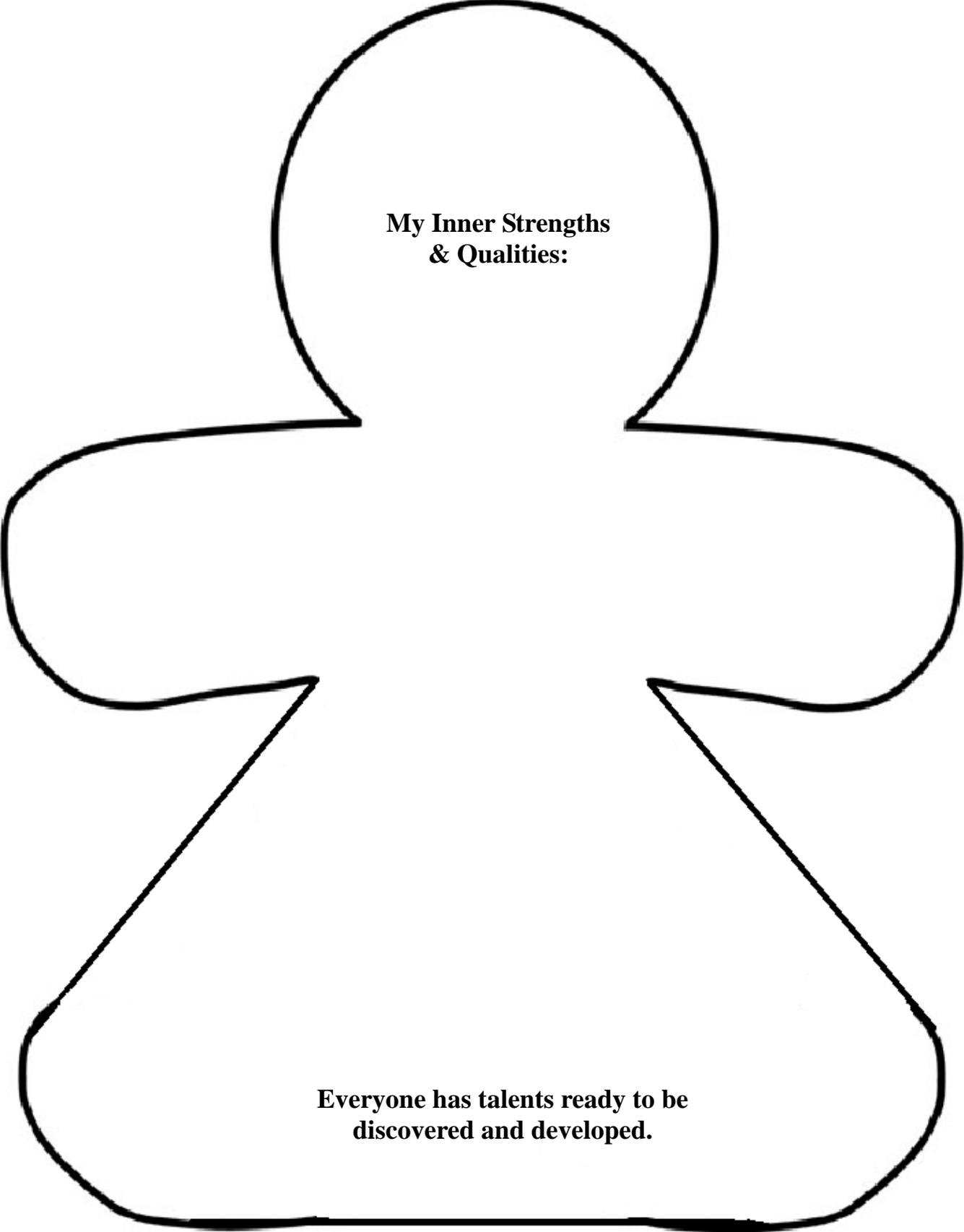
Doll Cut-out

Directions: Photocopy the doll (double-sided) on white or colored paper. Cut out the doll and tape two of the arms together so the doll can be opened. Have the participants decorate their doll to look like them, and write their inner strengths inside the doll.

**There's no one like me.
There's never been anyone like me.
There will never be anyone like me.**

Your Name

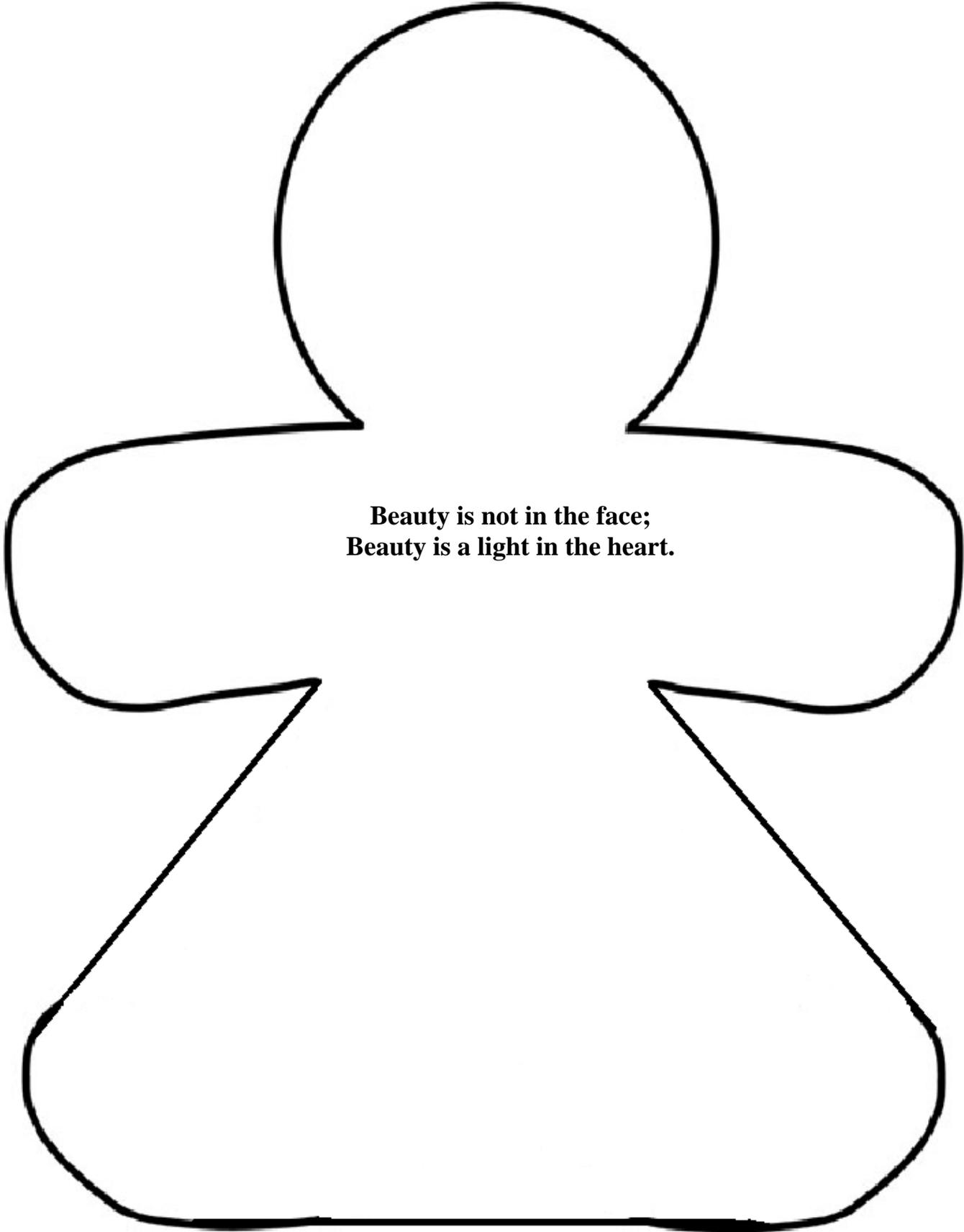
Front



**My Inner Strengths
& Qualities:**

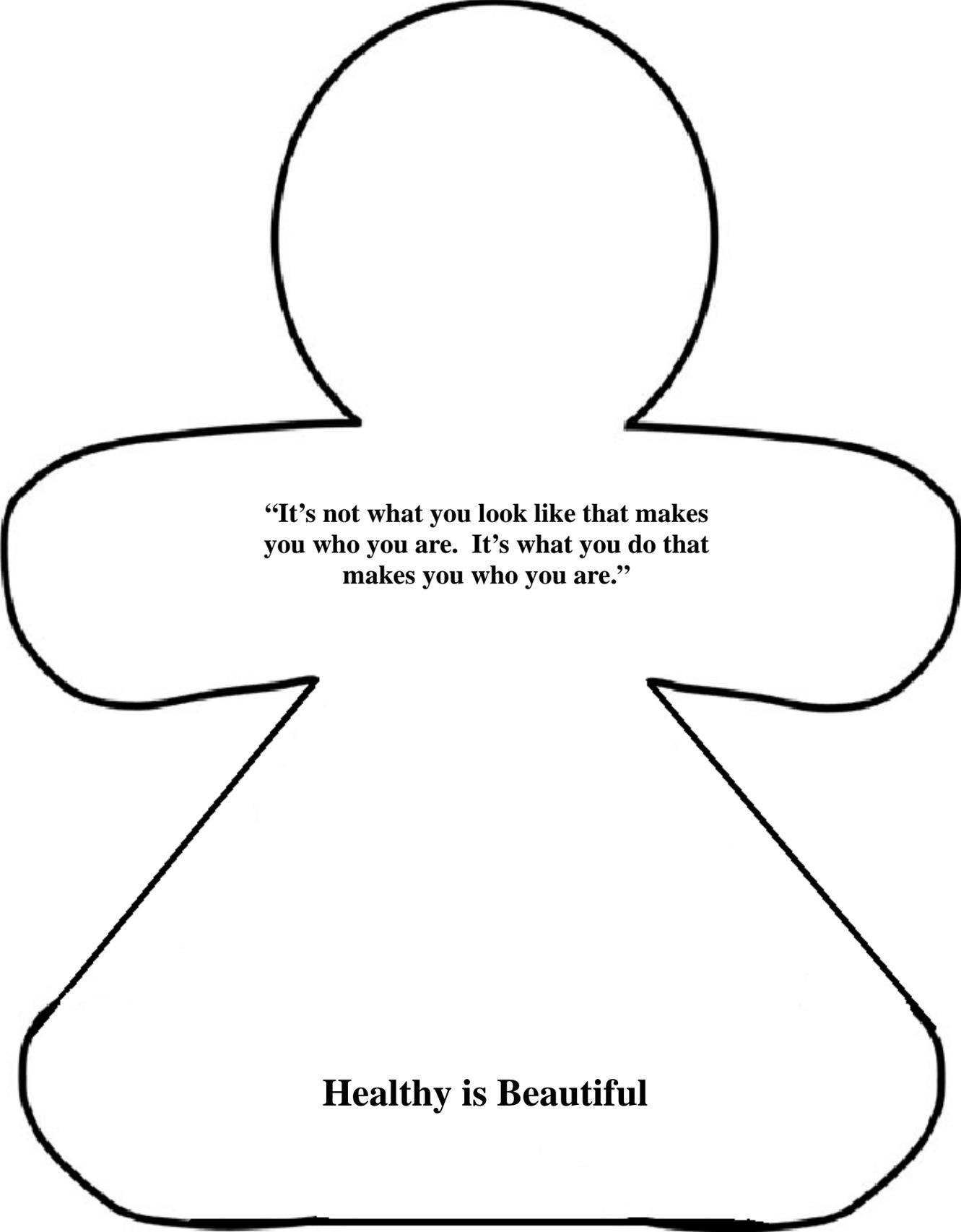
**Everyone has talents ready to be
discovered and developed.**

Inside, Left side



**Beauty is not in the face;
Beauty is a light in the heart.**

Inside, Right side



**“It’s not what you look like that makes
you who you are. It’s what you do that
makes you who you are.”**

Healthy is Beautiful



Discover your inner beauty and strength ... look and feel your very best



A large writing area consisting of a vertical red margin line on the left and horizontal blue lines for text. A second small crescent moon icon is positioned on the left margin about halfway down the page.





Guest's Name

Because you are so special to me....

You are invited to

The Pacific Islander Health Spa

Date: _____

Time: _____

Location: _____



Join us for a relaxing evening of facials,
hand scrubs, and more.

I have been learning about how to eat healthy and make natural beauty products that help me to look and feel my very best... Now, I want to share with you what I have learned about making healthy changes.

