

January 2021

Comanche/Stephens Co

Shape Your Future
HEALTHY HABITS
REWARD CARD

Need help helping your kids stay healthy? Add a little encouragement! For every 5 healthy choices they make throughout the week, reward them with a fun family activity! Healthy habits will follow your kids for life, so start today!

Hang this on your fridge, check off the boxes... and don't forget to share photos of your activities and tag them with #ShapeFutureOK!

 Drink water	 Played for 60 minutes	 Filled 1/2 of plate with fruits & veggies	 Tried a new physical activity*	 Tried a new fruit	ACTIVITY Family walk or bike ride
 Played for 60 minutes	 Ate a healthy lunch*	 Learned about dangers of tobacco	 Helped cook a healthy meal*	 Drink water	ACTIVITY Indoor obstacle course
 Tried a new veggie	 Tried infused water recipe*	 Played for 60 minutes	 Filled 1/2 of plate with fruits & veggies	 Tried a new physical activity*	ACTIVITY Basketball, soccer or football
 Ate a healthy breakfast*	 Drink water	 Completed Be Tobacco Free coloring page*	 Played for 60 minutes outside	 Tried a new fruit	ACTIVITY Cook a healthy meal together*
 Tried a new veggie	 Played for 60 minutes inside	 Filled 1/2 of plate with fruits & veggies	 Tried infused water recipe*	 Tried a new physical activity	ACTIVITY Make a list and go on a scavenger hunt

*Coloring pages, recipes and activities available at ShapeYourFutureOK.com.

Eat better. Move more. Be tobacco free.

 ShapeYourFutureOK.com

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We are going to play Healthy Habits Bingo! The first five families to get a "Bingo" and complete one activity from the right column will receive a prize from me! You can Bingo up/down, left/right or diagonal (not including the activities) I hope you have fun with this activity!

GETTING A HEAD START ON EMPLOYMENT
WHAT'S THE BIG DEAL?

Only about **1 in 5** people with a disability is employed!



Pre-ETS is here to help!!!

Thursdays **2021**

January 14th
Intro to Pre-ETS

January 28th
Self-advocacy

February 11th
Job Exploration & Work-based Learning

February 25th
Workplace Readiness & Post-secondary Counseling

10 am to 11 am
via Zoom

What is Pre-ETS?

Pre-Employment Transition Services or Pre-ETS is a program designed to introduce youth and young adults with disabilities or barriers, ages 14 to 22, to activities that will increase their knowledge of the world of work, work options, and education options.



Who Needs Pre-ETS Training?
Youth, Parents, Schools...actually everyone should attend, but this will be for parents of children with disabilities and their students!

The training is presented in a four-part series by the National Center for Disability Education and Training (NCDET) at the University of Oklahoma, a part of University Outreach.

How Much Does It Cost To Register?
Nothing! You heard me right. The training is being provided by the NCDET and the Oklahoma Parents Center (OPC) at no charge to participants.



REGISTER HERE:

www.surveymonkey.com/r/OPC-PreETS

HAPPY NEW
2021
YEAR

