**Title**

Slippery Slope

**Time**

Pre-session preparation for learners:  5 minutes

Session:  15 minutes

**Materials Checklist**

Slippery Slope

Pen/Pencil

**Objectives**

To identify slips in physical activity progress

To identify what to do after a slip and develop a plan

To identify self –defeating thoughts

To identify how to talk back a negative thought and develop a plan

**Learners will be able to:**

List slips in physical activity progress

Know what to do after a slip and have a plan

List self-defeating thoughts

Know how to talk back a negative thought and have a plan

**Exercises and Activities to Complete Before and During the Session**

Complete Slips from being Active

Complete Let’s Practice

**Pre-session Preparation**

**Read (5 minutes)**

Review Slippery Slope

**During the session**

**Present/Review (5 minutes)**

Provide Participants with the Handout. Tell them: Times when they do not follow their plans for healthy eating or being active are to be expected and are a normal part of lifestyle change.

**Discuss (10 minutes)**

Read and discuss ‘What to do after a slip?’ steps 1 to 5.

Remind Participants: Slips do not hurt their progress. What will hurt their progress is the way they react to slips.

Read and discuss ‘Self-defeating thoughts’.

Remind Participants: Everyone has negative thoughts at times. Negative thoughts, which include excuses and rationalizations, can lead them to overeat or be inactive. A vicious cycle of self-defeat can result.

Read and discuss ‘How to talk back a negative thought’. Use the examples to practice talking back with positive thoughts.

Guide Participants through ‘Slips from being active’. Ask Participants to describe something that has caused them to slip from being active. Can they avoid it in the future? If not, help them make a plan.

Read and discuss ‘Mental Gremlins’.

Guide Participants through ‘Let’s Practice!’. Ask them to describe an example of a slip in their life. What did their Mental Gremlins say? How would they practice talking back?