**Lesson Plan: FREEZE! Counseling Along the Way**

Learning Objective: After completing the activity, staff will be able to:

1. Recognize parts of the certification where they are most likely to provide nutrition education before they have collected all the information and used their critical thinking skills to determine 2 or 3 most important topics
2. Provide participant focused counseling without counseling along the way
3. Make certifications shorter yet more effective.

Methods:

1. Case study information for the “participant.”
2. Blank WOW screens for the “certifier.”
3. Freeze cards for the two observers.
4. Facilitated group discussion

Description of Activity:

1. Divide all staff into groups of four.
2. In each group, designate one Certifier, one Participant, and two observers.
3. Using the WOW screen information provided, Certifier and Participant will role play the certification process from the Cert Action screen through nutrition education and goal setting (if the participant wants to set a goal).
4. Observers will watch the process. Whenever the certifier fails to ask open ended questions to elicit the appropriate information, or provides nutrition education before reaching the nutrition education screen, observers freeze the action. All four discuss how to continue and complete the certification without “counseling along the way.”

Discussion:

1. When the groups are finished the role play, have a large group discussion about:
   1. The pros and cons of asking open ended questions
   2. The pros and cons of educating after collecting all the necessary information.
   3. The time saving effects of counseling only at the end of the certification.
2. The small group that has the most freezes gets a dark chocolate reward.