

Pleasure!!

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handout(s):

Pleasure

Suggested Format for Discussion:

- Write “Pleasure!!” on the board or flip chart.
- Ask participants what pleasure might have to do with being overweight.
- Ask participants if they feel they have enough pleasure in their lives.
- Distribute the *MOVE!* handout, “Pleasure”, and discuss its contents.
- Discuss the concept in the handout that food may have become the primary pleasure in life for many people and that filling one’s life with other pleasures may interrupt the need to get it all from eating.
- Have participants identify alternative pleasurable experiences.
- If possible, have participants experience a small pleasure during the session, such as some pleasant music, a fragrance (gardenia), etc.
- Ask participants to identify and write down individual pleasure possibilities.
- Discuss how to make those pleasures a reality.
- For further information, recommend the book “Healthy Pleasures” by R. Ornstein & D. Sobel.

