Texas WIC has developed two new Zobey videos – Locomotion Lab and Searching for a Rainbow - along with associated lessons & educational items for use in clinics. Zobey encourages physical activity and healthy eating among children. This memo describes each video, lesson and item.

In addition to posting the videos and lessons online, a limited number of DVDs and nutrition education items will be sent to each local agency to use for nutrition education and to distribute to clients; quantities sent are based on participation to encourage equitable distribution across the state. Shipping is expected to be completed in February.

An email was sent to local agency directors last November with quantities planned to ship to each local agency and the option to opt out. Contact jennifer.berringer@hhs.texas.gov if you have questions about this shipment.
### Videos

<table>
<thead>
<tr>
<th>Zobey: Searching for a Rainbow and Locomotion Lab DVD (+ on YouTube!)</th>
<th>Stock # 13-06-15770</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>This new DVD includes two Zobey Adventures on one DVD.</td>
</tr>
<tr>
<td></td>
<td>• Zobey Locomotion Lab: Zobey and friends learn how to get their hearts pumping and bodies moving right.</td>
</tr>
<tr>
<td></td>
<td>• Zobey Searching for a Rainbow: This remake of an older Zobey video features Zobey and friends searching for a rainbow of fruits and veggies in the sky!</td>
</tr>
<tr>
<td></td>
<td>These videos are live on the Healthy Texas Kids YouTube channel and TexasWIC.org/kids.</td>
</tr>
<tr>
<td></td>
<td>Please remind clients that they can find Zobey videos online!</td>
</tr>
</tbody>
</table>

### Lessons

Group and self-paced lessons have been developed in English and Spanish to accompany the new Zobey videos. The group lessons may be facilitated virtually or in person. Please add to your NE class schedule and notify your State Agency Partner if you plan to use them. The new Zobey episodes will also be added soon to the existing Adventures of Zobey Click & Learn web lesson on TexasWIC.org.
### Zobey Group/Virtual Lessons

**CH- Zobey: Locomotion Lab**

Lead a fun group class virtually or at your clinic using these new group lesson plans! Staff, parents and kids will dance along to parts of the video together and talk about healthy habits. Lesson plans include time codes and talking points.

Staff can play the videos via DVD, or on our [Healthy Texas Kids YouTube channel](#).

Zobey NE reinforcement items, described later in this memo, are perfect to give after these classes.

Find Zobey group/virtual lessons on the [HHS WIC lessons page](#).

### Zobey Self-Paced Lessons

**SP-Zobey: Locomotion Lab**

Clients will watch the Zobey Locomotion Lab, or the Zobey Searching for a Rainbow video with their children (DVD or online) and complete the self-paced lesson for NE credit.

Find these Zobey SP lessons on the [HHS WIC lessons page](#).
Online items

Zobey and friends + Toby and Luna cutouts

These cutouts mimic the popular “flat Stanley,” and encourage parents to print out the character, and have their child color it. Then, children can take their cutout character on all kinds of adventures, like playing, dancing, and cooking!

Characters include Zobey, Toby, Luna, and Zobey’s friends: Sidekick, Zeta and Hip-hop Hippo!

These six cutouts are available on texaswic.org/kids/lets-color.
**Nutrition Education Reinforcement Items**

Additional Zobey items are being distributed to agencies to enhance nutrition education. These items are shipping in batches and should all arrive by February. These items will also be on the catalog until there is no more inventory.

<table>
<thead>
<tr>
<th>Zobey stickers</th>
<th>Zobey magnets</th>
<th>Zobey lunch box</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stock #13-06-15721</strong>&lt;br&gt;These colorful stickers feature Zobey, Toby and Luna, and other characters from the Zobey videos – Sidekick, Hippo and Zeta. The fruits and veggies are also stickers!</td>
<td><strong>Stock #13-06-12579</strong>&lt;br&gt;This cute bilingual Zobey magnet encourages clients to drink more water and is a great item to put on the fridge at home.</td>
<td><strong>Stock #13-06-15726</strong>&lt;br&gt;This rainbow themed lunchbox is a great graduation gift for older children. The fun fruits and vegetables encourage healthy eating and reinforce messages from Zobey’s videos.</td>
</tr>
<tr>
<td>Zobey beach ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td><strong>Stock # 13-06-15720</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Let’s play with Zobey. Tossing around a little beach ball is a great way to encourage active play and little ones can practice their fine motor skills.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Zobey crayons</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stock #13-06-15716</strong></td>
<td></td>
</tr>
<tr>
<td>These cute crayons are named after fruits and vegetables, and pair well with the Zobey coloring book. Kids can color with beet red, carrot orange, banana yellow, broccoli green, blueberry blue and black bean.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Zobey puzzle</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children can put this puzzle together while learning about healthy foods. Colorful fruits and veggies make up this rainbow with their friends Zobey and Hippo.</td>
<td></td>
</tr>
<tr>
<td>One-time shipment. Not in catalog.</td>
<td></td>
</tr>
</tbody>
</table>
Zobey kite

Stock #13-06-15774

Families can have lots of fun playing actively outside with this kite, modeled after Zobey’s friend “Katy the Kite.”

For additional information or questions, contact jennifer.berringer@hhs.texas.gov