



FAMILY RESOURCES

ALL PARTS COUNT

Part A. What is Wellness?

Family Resources:

[What is Social & Emotional Development?](#) | Early Childhood Mental Development

[Building Social and Emotional Skills at Home](#) | NAEYC (National Association for the Education of Young Children)

[Health and Academic Achievement](#) | CDC

[Safe & Healthy Students](#) | SPARK and CDC Healthy Schools

Family Activity:

Wellness Wands

Part B. Thoughts & Feelings

Family Resources:

[What Every Child Needs for Good Mental Health](#) | Mental Health America

[Media's Impact on Kids' Body Image: What Parents Need to Know](#)

Recommended Books:

[The Color Monster: A Pop-Up Book of Feelings](#) by Anna Lienas

By illustrating such common emotions as happiness, sadness, anger, fear and calm, this sensitive book gently encourages young children to open up with parents, teachers and daycare providers. (Grade Level: Pre-K–Grade 2)

[Today I Feel Silly: And Other Moods That Make My Day](#) by Jamie Lee Curtis

Helps kids explore, identify and even have fun with their ever-changing moods. (Grade Level: Pre-K–3)

[Visiting Feelings](#) by Lauren Rubenstein

Teaches children how to explore their emotions with their senses and nurture a sense of mindfulness. This also helps them develop insight, empathy and resiliency. (Grade Level: K–3)

[Listening to My Body: A guide to helping kids understand the connection between their sensations \(what the heck are those?\) and feelings so that they can get better at figuring out what they need](#) by Gabi Garcia

The book title says it all! (Grade Level: K–5)

Family Connection: Home Activity Make a Wellness Wand

Materials for Lesson Plan:

- Yarn balls, a variety of colors
- String, ribbon or crepe paper may also be used
- Craft sticks for coffee stirrers or real sticks will also do!
- Scissors

This is similar to Ole de Ole, a traditional Mexican craft that's been a popular activity of American summer camps for many years. The simple process of making this craft — a gentle, repetitive winding motion — is as appealing as the colorful end product. This requires fine motor skills and coordination, as you hold your sticks in one hand while weaving with the other. Once you get the hang of it, we hope you'll find the activity calming and relaxing.

Instructions:

1. Cut a long piece of yarn, at least two arms' lengths.
2. Place one stick across the other in an X shape. Join them together by wrapping yarn around the middle where they intersect.
3. You can make a knot at one end of your yarn to start, or just tack the end under the yarn as you wrap.
4. Do a few wraps in one direction, and then do a few wraps in the other direction to keep your sticks in place.
5. Once you get into the groove, it's easy to keep going as long as you like.
6. You can switch colors of yarn or add different weaving materials as you go.
7. The is hard to secure your yarn when you're finished and leave enough of a "tail" to hang it in a window if you like.
8. Give one to a friend, relative or neighbor to hang in their window. (That's good for your social health and for theirs as well!)

Note to Parents and Caregivers:
At school your children are learning about wellness. We now recognize that wellness is made up of three main parts: physical health, social health, and mental/emotional health. All of these parts are important — and interconnected!

The Wellness Wand craft project is one of the simpler activities we're doing in this unit. Why is it called a Wellness Wand? Because it has separate parts, all connected together. It's a way to remind us that our thoughts and feelings and relationships with people affect our physical health, and vice versa. And it's a fun craft to do when you're feeling bored or worried or over-excited because it helps you to focus and be calm. Psychologists refer to the groove one gets into while knitting and doing similar crafting activities as "flow" — that third part of flow where you are so absorbed by an activity that you forget any worries. Adults enjoy this type of activity just as much as kids!

Make a Wellness Wand

Listening with My Heart: A story of kindness and self-compassion by Gabi Garcia

In today's hypercompetitive world, kids often internalize the message that their worth is attached to their accomplishments and that messing up is something to be ashamed of, rather than a normal part of life. This book reminds us of the other golden rule—to treat ourselves like we would treat a friend. (Grade Level: K–5)

Family Activity:

Feelings Journal

Start a “Feelings Journal” at home for writing and drawing. Watch this for inspiration:

[Video: “Exploring Feelings”](#) | Adventures in Learning, PBS Kids

If your child is hesitant to talk about their feelings, ask them to draw you a picture instead. Creative activities like drawing can help your child express and manage difficult emotions. After asking, “How was your day?” ask, “Can you draw me a picture about your day, too?” Here are some other prompts:

- What helps you feel brave?
- What helps when you are sad?
- What helps you when you are worried?
- What makes you feel happy?

Family/Community Connection:

Draw pictures of flowers, rainbows and other cheerful things and deliver them to a local senior center or community outreach center. Bring some Wellness Wands as well!

Part D. Be Your Own Goalie

60 a Day: Every Minute Counts!

Children should strive to be active for 60 minutes every day. This should be moderate to vigorous physical activity.

Family Resources:

[Youth Physical Activity: The Role of Families](#) | CDC

[Physical Activity for Children Age 5–12](#) | Shape America

Family Activities:

Download the “60 a Day: Every Minute Counts” Activity Chart:

Print a copy of this physical activity chart to keep in a handy place at home for your child. Make an extra copy if you’d like to track your own physical activity as well!

Water: Every Cup Counts!

Children should drink approximately 6–8 glasses of fluid a day in addition to the water included in the food in their diet.

Family Resources:

[Water & Nutrition](#) | CDC

[10 Tips to Make Better Beverage Choices](#) | MyPlate




Walk, Run & Play. 60 minutes a day!

This chart includes a list of activities categorized by type: Aerobic, Bone-Strengthening, and Muscle-Strengthening. Each activity has a checkbox for tracking. The chart is titled "Today is:" and has a "MINUTES" label at the bottom.

Aerobic

- Bicycling
- Bicycling to School
- Roller Skating
- Basketball/Soccer
- Swimming
- Soccer
- Dancing

Bone-Strengthening

- Hopping, Skipping
- Jumping Rope
- Jogging/Running
- Tennis
- Jumping
- Basketball
- Volleyball

Muscle-Strengthening

- Tag or War
- Push-Ups
- Rope Climbing
- Sit-ups
- Bending
- Gymnastics
- Tree Climbing

Activity

Today is: _____

MINUTES

Tips for getting kids to drink more water:

- Fill up pitchers of tap water and keep them in the fridge. Cold water is much tastier than lukewarm!
- Fill up ice-cube trays so you have a supply of ice on the ready.
- Fun cups and straws entice kids to drink. Stock up at the end of the season sales.
- Drink lots of water yourself. Make water the thirst-quencher of choice for the family.

Tips for making better beverage choices:

- Make water, milk or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.
- Don't forget your dairy! Select milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D and potassium. Older children, teens and adults need 3 cups of milk per day.

Water: Every Cup Counts

Name: _____

| Cups | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 8 | | | | | | | |
| 7 | | | | | | | |
| 6 | | | | | | | |
| 5 | | | | | | | |
| 4 | | | | | | | |
| 3 | | | | | | | |
| 2 | | | | | | | |
| 1 | | | | | | | |

W = Water / M = Milk / J = 100% Juice

Stay Hydrated

Family Activities:
Download the “Water: Every Cup Counts!” Chart:

Print a copy of this water chart and hang it on your fridge or kitchen wall as a visual reminder. Print out extra copies if you'd like to track your own water consumption as well.

Sleep: Every Hour Counts!

Children age 6–13 should get 9–11 hours of sleep each night.

Family Resources:

[Sleep and Health](#) | CDC Healthy Schools

[How Much Sleep Do Kids Need?](#) | National Sleep Foundation

[“Skip the Screen” — Easy Tips for Families](#) | Action for Healthy Kids

[Video: “Sleep Is Your Friend”](#) | HealthBeat, PBS Learning

[Video: Sleep | Science Trek \(PBS Learning\)](#)

We spend about a third of our lives sleeping, but what do scientists really know about sleep? In this video, a doctor and a family nurse practitioner specializing in sleep issues answer students' questions about sleep.

Family Activities:

[Video: “Sleep Is Your Friend”](#) | HealthBeat, PBS Learning

Download the “Sleep: Every Hour Counts!” Chart:

[Insert pdf of Sleep: Every Hour Counts chart here?]

Make an extra copy of the 2-page sleep chart to keep at home as a visual reminder about how much sleep time your different family members need. Hang it on a refrigerator, bulletin board or table where you eat breakfast.



FAMILY RESOURCES

EVERY BITE COUNTS

Family Resources:

[USDA: Dietary Guidelines for Americans](#)

Here are the recommended daily guidelines for children ages 4–8:

- Grains: 5 oz
- Vegetables: 1 ½ cups
- Fruits: 1–1 ½ cups
- Milk/Dairy: 2 ½ cups
- Protein Foods (Meat/Beans, etc.): 4 ounces

[MyPlate: 10 Practical Tips](#)

www.choosemyplate.gov/ten-tips-choose-myplate

[MyPlate Kids Place](#)

www.choosemyplate.gov/kids

[Resources for Parents and Educators](#)

www.choosemyplate.gov/kids-parents-educators

Aim for Balance and Moderation

Try to eat and drink the right amounts for you. How many calories you need to eat depends on your age, gender, height, weight, and how active you are. Use the MyPlate Plan at www.choosemyplate.gov/GetMyPlan to find a plan that's right for you.

“Let’s Make a Swap!”

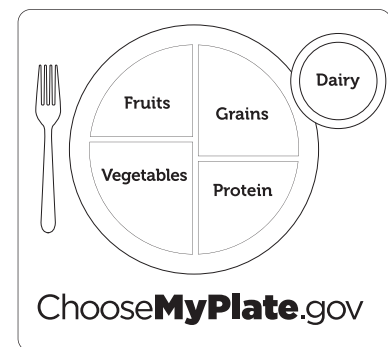
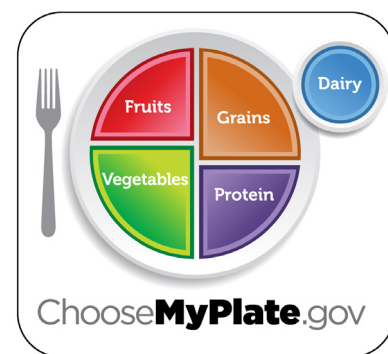
Small changes can bring big benefits! Change should be gradual, not extreme! Small shifts in your daily eating habits can improve your health over the long run. Tips: Try swapping out white bread for whole-wheat bread and reach for a handful of nuts when you’re craving something salty. For more tips, see: [Shift to Healthier Choices | U.S. Dietary Guidelines](#)

[Make Small Changes | MyPlate](#)

www.choosemyplate.gov/make-small-changes

[Video: Expert Q&A About Nutrition](#)

Alison Hoppin, M.D., specializes in Pediatric Gastroenterology and Nutrition at the Massachusetts General Hospital in Boston. She is also the Associate Director of Pediatric Programs at the Mass General Weight Center. In this video, Dr. Hoppin answers questions about children and healthy eating.





Family Meals: The Importance of Eating Together

[Fake a Homemade Dinner!](https://www.eatright.org/food/nutrition/eating-as-a-family/fake-a-homemade-dinner)

<https://www.eatright.org/food/nutrition/eating-as-a-family/fake-a-homemade-dinner>

MyPlate, MyWins Tips: Making Family Meals

<https://www.choosemyplate.gov/myplate-mywins-tips-making-family-meals>

Benefits of Family Dinners | The Family Dinner Project

<https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/>

Cooking & Kitchen Prep

Video: Cooking With Kids

<https://www.eatright.org/for-kids>

Bring kids into the kitchen to learn lifelong cooking and food safety skills. Start with these age-appropriate tasks and enjoy spending time together!

Videos: Kids Eat Right | Academy of Nutrition and Dietetics

<https://www.eatright.org/for-parents>

Food Safety Tips:

- Wash hands well with warm, soapy water.
- If anyone has long hair, be sure to tie it back in a pony tail.
- Remember to supervise kids in the kitchen.
- Remind them to not lick their fingers or eat any raw ingredients.

Age-Appropriate Tasks:

- Kids age 6–7 years old can help peel raw fruits and vegetables, crack eggs into a bowl, measure dry ingredients, and shuck corn on the cob.
- Kids age 8–9 can do a wide range of tasks, such as using a can opener, pounding chicken on a cutting board, beating eggs, and juicing a lemon.
- Kids age 10–12 can be your sous chef – with your supervision. They can slice and chop vegetables for a recipe, boil pasta, use the microwave, and bake food in the oven.

Kids in the Kitchen

Watch this video with your kids and follow the instructions to make the chicken packet or fruit parfait recipes. Does it inspire you to try cooking something else? <https://www.nutrition.gov/subject/life-stages/children/kids-in-the-kitchen>

Nutrients

[Kids and Their Bones: A Guide for Parents](#) | NIH

Food Shopping & Meal Planning

MyPlate at Home: Tips for Families With School-Age Children

The [MyPlate at Home](#) guide offers some fun and easy tips for building healthier family meals that include the five food groups. Healthy eating patterns can work for anyone, accommodating their traditions, culture, and budget. Click on the link above or read below:

Make half your plate fruits and vegetables—on a budget

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Look for sales and buy some of each to last until your next shopping trip.

- Choose frozen vegetables that do not have added fat, salt, or sugars.
- Buy canned fruits packed in “100% juice” or water.
- Look for canned vegetables that say, “No added salt.” You can also rinse canned vegetables to remove salt but retain nutrients.

Start every day the whole-grain way

- Serve whole-grain versions of cereal, bread, or pancakes at breakfast.
- Whole grains with more fiber will help your kids feel fuller longer so they stay alert in school.
- Choose foods with “100% whole wheat” or “100% whole grains” on the label. Or check the ingredient list to see if the word “whole” is before the first ingredient listed (for example, whole-wheat flour). If it is, it’s whole grain.

Milk matters

Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

- Drink milk at meals.
- If you’re lactose intolerant, try lactose-free or lactose reduced milk or calcium-fortified soy beverage

Eating on a Budget**MyPlate’s Healthy Eating on a Budget**

www.choosemyplate.gov/budget

Create a Grocery Game Plan

Making a plan before heading to the store can help you get organized, save money, and choose healthy options.

- Plan Your Weekly Meals
- Make a Grocery List
- Save More at the Store

Shop Smart to Fill Your Cart

To get the most for your dollar, follow the tips in this section as you shop at your favorite food store.

- Tips for Every Aisle
- Understand the Price Tag
- Read the Food Label

Prepare Healthy Meals

Whether you’re cooking for your family or making a quick snack for yourself, it’s easy to make it healthy.

- Kitchen Timesavers
- Cooking for Your Family
- Tasty and Low-cost Recipes

Fruits & Vegetables on a Budget

Tips include: Include fresh, frozen, canned and dried items in your menu planning. Buy fresh items in season, buy others in bulk (when on sale). Research ways to store fresh fruit and vegetables to make them keep their nutrients longer and to cut down on waste.

Frozen Foods: Convenient and Nutritious

Frozen foods meal planning and prep guide from EatRight.org

- Buy fruit and vegetables in loose-pack plastic bags. You’ll only need to pour out what you need; then immediately return what you don’t use to the freezer.

- Look for frozen fruits as an option when fresh fruits are out of season. Choose frozen fruit without added sugars in the ingredients list. To help frozen fruit keep its shape, serve while it's still somewhat frozen. Frozen fruit bars make a nutritious snack, too.
- Choose frozen plain vegetables or those made with low-sodium sauces.

Canned Food Recipes

<https://www.mealtime.org/meals-and-nutrition/recipes>

To help ease the stress of meal planning, budgeting and managing busy schedules, the Canned Food Association created the concept of “Just Add One” – one canned ingredient, that is – to make healthier, tastier dishes faster.

Healthy Recipes

Healthy Kid Recipes

<https://www.fruitsandveggiesmorematters.org/kid-friendly-healthy-recipes>

Creative and kid-friendly fruit and vegetable recipes from the “Fruit & Veggies: More Matters” website (Produce for Better Health Foundation).

Healthy Eating Patterns & Sample Recipes

https://health.gov/dietaryguidelines/2015/resources/DGA_Healthy-Eating-Pattern.pdf

A variety of meals and snacks can fit within healthy eating patterns. Many meals have several food groups within one dish. Check out these examples. Taco Salad, Vegetable-Tofu Stir Fry, and Tuna Salad Sandwich

Family Fun Recipes | NIH U.S. Department of Health & Human Services

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/fun-family-recipes.htm>

Family Activity:

Make-Your-Own Placemats

Make homemade placemats for each member of your family. Have your siblings help out as well. This is a fun way to get families more committed to eating together at the dinner table. Ideas: 1) Cut one piece of colored construction paper into horizontal strips. Cut another piece of construction paper (a different color) into vertical strips. Weave the two of them together and secure them in place with glue or clear tape on the back. 2) Make a collage on a piece of construction paper, using cutout pictures of colorful fruits and vegetables. 3) Write compliments and positive messages on construction paper and decorate with cheerful illustrations. Use these placemats at your family dinner table for a meal or two, or laminate them to make them last all year long.



FAMILY RESOURCES

EVERY MOVE COUNTS

Family Resources:

[Aerobic, Muscle- and Bone-Strengthening: What Counts?](#) | CDC

[How to Get Your Family Active](#) | American Heart Association

[Physical Activity Around the House](#) | American Heart Association

[Health E-Tips: Movin' Minute – Seated Exercises for Adults](#)

[Make Fitness Fun for the Whole Family](#) | Academy of Nutrition and Dietetics

Tips include:

Schedule family playtime. Take a walk or play a family game of tag after dinner each night. Choose activities that require movement, such as bowling, catch or miniature golf.

Choose toys wisely. Give children toys that encourage physical activity, such as balls, kites, skateboards and jump ropes.

Limit screen time. Experts warn that one to two hours of screen time a day should be the limit for children, but some are logging more than double that amount. Set boundaries, keep the television and electronic media out of your child's bedroom and limit computer usage to school projects.

Plant a garden. Caring for plants gives your children a reason to get outside each day. Learning how to grow a garden teaches the food system, while sampling the harvest encourages healthy eating habits.

Chip in with chores. Rake leaves, shovel snow and do other home-maintenance projects as a family. In the end, your home will be better off and so will your family's health.

Recommended Books:

[I Am Yoga](#) by Susan Verde (Grade Level: K–2)

Includes illustrations and instructions for:

The Mountain Pose, Tree Pose, Bow/Basket Pose, Airplane Pose, Star Pose, Half Moon Pose, Boat Pose, Camel Pose, Flower Pose, Child's Pose, Relaxation Pose and Warrior Poses

[Good Morning, Yoga: A Pose-by-Pose Wakeup Story](#) by Mariam Gates (Grade Level: K–2)

Features breathing and visualization exercises, along with "The Good Morning Yoga Flow" with Sun Breath, Downward Dog, Balancing Table, Mountain and Bridge poses

Family Activities:

Download the “60 a Day: Every Minute Counts” activity chart:

Print a copy of this physical activity chart to keep in a handy place at home for your child. Make an extra copy if you’d like to track your own physical activity as well!

Download the “How to Play Hopscotch” instructions:

Encourage your kids to play the game at home — using sidewalk chalk to make a diagram in a driveway, sidewalk or blacktop in a public park; or masking tape to make one indoors. Get in on the fun and action yourself! Remind kids to track their play time and then write it down on their 60 a Day charts.

Family Dance Routines:

Do the Sid Shuffle!

This fun family dance video is multicultural and intergenerational. It shows people of all ages, from all over the world, doing an easy-to-learn dance routine. Watch the Sid Shuffle video at home and ask kids to teach you the moves. Follow their cues, practice your moves, “and walk it out like Granny!”

Conga (Grades K–2) | SPARK PE

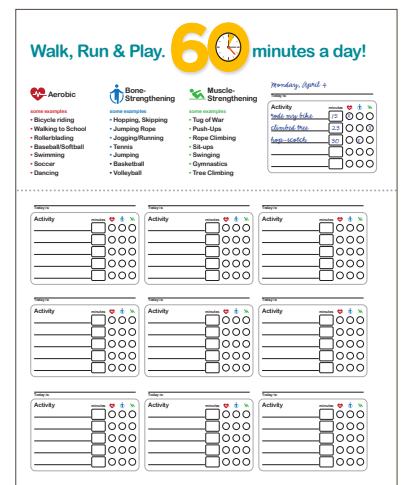
A Latin American dance long popular with young students.

Mexican Hat Dance (Grades K–2) | SPARK PE

Differentiated for K, 1 and 2 grade levels, with a combination of fast and slow tempos.

Tarantella (Grades K-2) | SPARK PE

A traditional Italian folk dance. Tambourines optional!

Walk, Run & Play. **60** minutes a day!

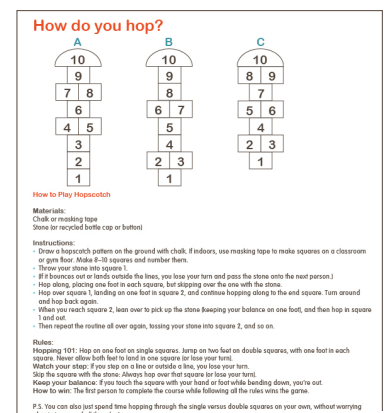
Activities:

- Aerobic:**
 - Bicycle riding
 - Walking to school
 - Rollerblading
 - Swimming
 - Soccer
 - Dancing
- Bone-Strengthening:**
 - Hopping, Skipping
 - Jumping Rope
 - Jogging/Running
 - Tennis
 - Jumping
 - Volleyball
- Muscle-Strengthening:**
 - Tug of War
 - Push-ups
 - Pease Climbing
 - Ball game
 - Swimming
 - Gymnastics
 - Tree Climbing

Tracking Grid:

The chart includes a grid for tracking activity over 60 minutes. Each row represents a 10-minute interval, and each column represents a specific activity. The grid is designed to be used by coloring in the boxes to track activity over a 60-minute period.

60 Minutes A Day



How do you hop?

A

```

  10
  9
  7 8
  6
  4 5
  3
  2
  1
  
```

B

```

  10
  9
  8 7
  6 7
  5
  4
  2 3
  1
  
```

C

```

  10
  8 9
  7
  5 6
  4
  2 3
  1
  
```

How to Play Hopscotch

Materials:
Chalk or masking tape
Stones (or recycled bottle cap or button)

Instructions:

- Draw a hopscotch pattern on the ground with chalk. If indoors, use masking tape to make squares on a classroom or gym floor. Make 6–10 squares and number them.
- Throw your stone into square 1.
- If it bounces out or lands outside the lines, you lose your turn and pass the stone onto the next person.
- Hop along, picking one foot in each square, but stepping over the one with the stone.
- Hop over square 1, landing on one foot in square 2, and continue hopping along to the end square. Turn around and hop back again.
- When you reach square 2, lean over to pick up the stone keeping your balance on one foot, and then hop in square 1 and out.
- Then repeat the routine all over again, tossing your stone into square 2, and so on.

Rules:

- Hopping 101: Hop on one foot on single squares. Jump on two feet on double squares, with one foot in each square. Never allow both feet to land in one square (or lose your turn).
- Watch your step: If you step on a line or outside a line, you lose your turn.
- Step the square with the stone. Always hop over that square (or lose your turn).
- Keep your balance: If you touch the square with your hand or feet while landing down, you’re out.
- How to win: The first person to complete the course while following all the rules wins the game.

P.S. You can also just spend time hopping through the single versus double squares on your own, without worrying about stones and all the rules!

How to Play Hopscotch