



## 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

### 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:**

[Master of Mindfulness: How to Be Your Own Superhero in Times of Stress](#) by Laurie Grossman

A unique and empowering book written for kids by kids (in a 5th grade class), with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so that you can be your own superhero—no matter what life throws your way! (Grade Level: K–5)

[Angry Octopus: An Anger Management Story](#) by Lori Lite

Teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. (Grade Level: K–6)

[David and the Worry Beast: Helping Children Cope with Anxiety](#) by Anne Marie Guanci Learning to deal with anxiety is an important step in a child's healthy emotional growth. Conquering fears, and not avoiding them, is the lesson imparted in this story. (Grade Level: Pre-K–4)

[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)

*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)

*Kid President's Guide to Being Awesome* by Robby Novak

The 11-year-old YouTube star presents stories of kids changing the world, along with a step-by-step guide to making a difference. Older elementary students will relate to his humorous words and messages from celebrities. (Grades 3–6)

### **Recommended Videos:**

[Stanley Stress | PBS Learning Video](#)

[TedED Talk: 3 Tips to Boost Your Confidence](#)

### **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.

### **Part C. Every Choice Counts!**

#### **Family Resources:**

[Making Decisions: Suggestions for Families | Families Matter](#)

[Help Your Children Become Good Decision Makers | Psychology Today](#)

#### **Online Activities:**

##### **Play the Blastoff Game**

<https://www.fns.usda.gov/blastoff>

Reach Planet Power by fueling your rocket with food and physical activity. Fuel tanks for each food group that help students keep track of how their choices will, ultimately, pay off!

**Do the Tough Choices Quiz Show**

[https://www.cdc.gov/bam/life/tough\\_game.html](https://www.cdc.gov/bam/life/tough_game.html)

**“My Life” Corner / BAM! Body and Mind**

<https://www.cdc.gov/bam/life/index.html>

Games and quizzes designed for kids 9–12 years old. Topics include bullying, peer pressure, media and advertising awareness, and dealing with stress.

**Help the Characters Make a Decision!**

<https://www.cdc.gov/bam/life/kabam.html>

Click on each box in this online comic strip and decide what each person should do.

**Making Tough Choices**

<https://www.cdc.gov/bam/life/tough.html>

Four main pieces of advice:

1. Be prepared
2. Avoid it
3. Be proud
4. Be a good friend

**Part C. 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!

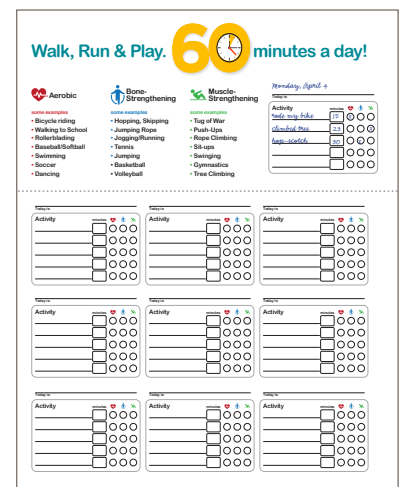
**Water: Every Cup Counts!**

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](#)



60 Minutes A Day

Water: Every Cup Counts Name: \_\_\_\_\_

Cups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8							
7							
6							
5							
4							
3							

Stay Hydrated

**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.

**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.

Water: Every Cup Counts Name: \_\_\_\_\_

Cups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8							
7							
6							
5							
4							
3							

**Screen Time: Every Hour Counts!**

What's the recommended amount of screen time?

- Children under 2: no screen time
- Children 2–5 years old: one hour per day
- Children 6 years and older: two hours per day

The American Academy of Pediatrics says that digital media should never replace healthy activities — particularly sleep, social interaction and physical activity.

Stay Hydrated

**Family Resources:**

[Screen Time Vs. Lean Time](#)

[Screen Time Poster](#)

Print out to hang near your home computer, TV or game console.

[We Can! Screen Time Chart](#) | U.S. Department of Health & Human Services (DHHS)

[Brain Breaks, Instant Recess and Energizers](#) | Action for Healthy Kids)

**Family Activity:**

Brainstorm a list of non-electronic alternatives

- Make cootie catchers
- Arts and crafts
- Reading books
- Doing puzzles
- Draw or doodle in a notebook

- Cook or bake
- Dance in your bedroom
- Play board games
- Learn to make origami
- Learn to weave a friendship bracelet
- Make something with clay
- Play Tic-Tac-Toe or Hangman

### 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)

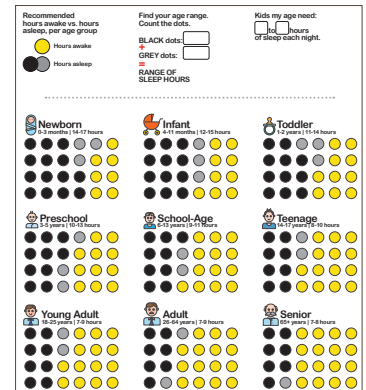
[Video: Sleep | Science Trek \(PBS Learning\)](#)

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:

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

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.



How many do you get? Hang this chart on your refrigerator or near your breakfast table. Remember to fill it out each morning before you forget.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIME TO BED							
WAKEUP TIME							
HOURS SLEPT							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIME TO BED							
WAKEUP TIME							
HOURS SLEPT							

[Clock Your Sleep Time](#)



## FAMILY RESOURCES

# EVERY BITE COUNTS

### Family Resources:

#### [USDA: Dietary Guidelines for Americans](#)

Here are the recommended daily guidelines for children ages 9 and older:

- Fruit: 2 cups
- Vegetables: 2.5–3 cups
- Grains: 3–4 ounces
- Protein Foods: 5–6 ounces
- Dairy: 3 cups

#### [MyPlate: 10 Practical Tips](#)

[www.choosemyplate.gov/ten-tips-choose-myplate](http://www.choosemyplate.gov/ten-tips-choose-myplate)

#### [MyPlate Kids Place](#)

[www.choosemyplate.gov/kids](http://www.choosemyplate.gov/kids)

#### [Resources for Parents and Educators](#)

[www.choosemyplate.gov/kids-parents-educators](http://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](http://www.choosemyplate.gov/GetMyPlan) to find a plan that's right for you.

### “Let’s Make a Swap!”

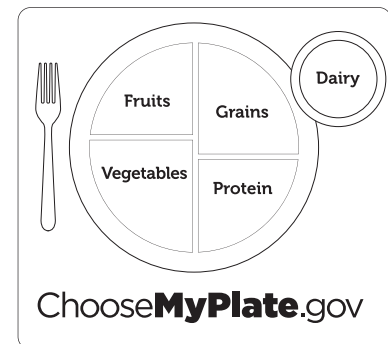
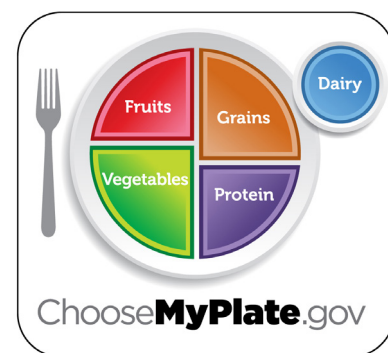
Small changes can bring big benefits! Change should be gradual, not extreme! Small shifts in your daily eating habits can improve your health over the long run. Tips: Try swapping out white bread for whole-wheat bread and reach for a handful of nuts when you’re craving something salty. For more tips,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

### [Make Small Changes | MyPlate](#)

[www.choosemyplate.gov/make-small-changes](http://www.choosemyplate.gov/make-small-changes)

### Recommended Books:

[Good Enough to Eat: A Kids Guide to Food and Nutrition](#) by Lizzy Rockwell



[ChooseMyPlate.gov](http://ChooseMyPlate.gov)

[\*The International Cookbook for Kids\* by Matthew Locricchio](#)

[\*The Kids' Multicultural Cookbook: Food & Fun Around the World\* by Deanna F. Cook](#)

### **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>

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

### **Nutrient Boosters**

To avoid vitamin deficiencies, children and their families are encouraged to incorporate more of these nutrients into their diets:

- Potassium - Dried apricots, banana chunks, melon, baked potato chunks (white or sweet) edamame (green soybeans)
- Vitamin D - Mini cups of orange juice, low-fat yogurt, mini bowls of fortified cereal with milk (or soy milk)

- Fiber - Apples with skin, avocado, hummus, whole-grain crackers
- Calcium - Cheese chunks, tiny bathroom-size cups filled with vanilla yogurt, homemade kale chips

### **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 reduce the salt content but retain all the 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](http://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](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.

**Food Songs & Videos:****Picky Eater Challenge**

Watch this video together as a family. Or skip it and go straight to the challenge below.

[D.W. The Picky Eater](#) | PBS Learning (6:05 mins)

The challenge: Over the next two days, try two different foods you've never tried before. You may find these at home, in the school cafeteria or on a trip with your family to a local store or supermarket. It's okay if it's only one bite! Then ask: Which Food Group does it belong in? What did it taste like? Would you eat it again?

[PBS Kids: Fizzy's Lunch Lab](#) | Food Songs & Videos

[Take Your Taste Buds on a World Tour](#) | Food Songs & Videos



## 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

[All About Heart Rate \(Pulse\)](#) | American Heart Association

[Adults: Know Your Target Heart Rates for Exercise, Losing Weight and Health](#)

[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.

### Family Activity:

#### **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!

### Family Fitness Routines

Watch some of these JAMmin' Minute® videos and learn the steps so you can all do them as a family. Have children be the leaders and call out the steps for family members to follow. How many minutes can you all clock together? Click on these links for videos:

[Toe Taps](#), [Toe-Knee-Shoulders](#), [Bottom Kickers](#), [Shoot the Hoop](#)

[Knee Lift](#), [March & Punch](#), [Toe Touch](#), [Jump Ropes](#), [Side Stretch](#)

[Squat Jumps](#), [Elbow to Knee](#), [Heel to Bottom](#), [Toe to Chair](#), [Toe Reach](#)

### Family Dance Routines

[Irish Jig \(Grades 3–6\)](#) | SPARK PE

The traditional dance from Ireland is all about the fancy footwork.

[Mambo Mambo \(Grades 3–6\)](#) | SPARK PE

This Latin dance originated in Cuba and later spread to Mexico and the U.S.

[3 Easy Dance Moves](#) | Full-Time Kid | PBS Parents

Learn the Moonwalk, Running Man and Cabbage Patch dance moves.

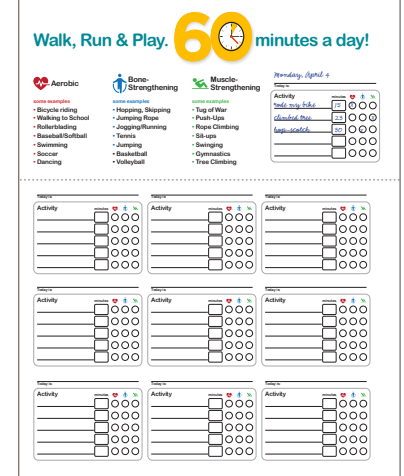
[Do the Sid Shuffle!](#)

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!"

### Swap Out the Screen Time

Think of some ways you can take breaks from the screen and incorporate activity into your tech time.

- **Take a Commercial Break:** Do you like to watch TV after school or in the evening? Whenever an ad break comes on the TV, jump up and exercise. You can easily clock up 15 minutes during one hour of watching! Run in place, dance, do push-ups, planks or jumping jacks during each commercial. Encourage everyone in your family to do the same! Add up your physical activity during breaks and add it to your "60 a Day" worksheet.
- **Blend Tech With Play:** Do you like video games? Try boxing, dancing, tennis or bowling games that get you in on the action! Games like Dance, Dance Revolution revolutionized the way we can play in physically active ways. Do this on your own, with a family member, or invite a friend to join you for added fun.
- **Add a JAMmin' Minute to the Mix:** Have you been playing on the computer for a half hour? Jump up and do a JAMmin' Minute routine! Do four more and you can add 5 mins of physical activity to your Calendar.



60 Minutes A Day