



EVERY KID HEALTHY WEEK

SCHOOL EDITION ~ APRIL 26-30, 2021

Get your school involved in great healthy activities this week!

Improving Health Together



For great tips, ideas, and resources, visit our website: howdyhealth.tamu.edu/ekhw

MINDFUL MONDAY

Start your day with a Mindful Morning: Breathe easier with simple breathing exercises!

TASTY TUESDAY



Cultural Taste Testing: Students research and bring items from different cultures and share them!

WELLNESS WEDNESDAY

Reinforce the importance of handwashing for everyone's health!



THOUGHTFUL THURSDAY

Explore emotional/social awareness: Play games that prompt students to share and express feelings.

FITNESS FRIDAY

Be Brave! Try a new physical activity or make a sensory path for your kids.

Keep a Journal: Explore and record your thoughts and feelings on paper!

Gardening: Plan and create a vegetable/herb garden as a class to grow and enjoy!



Enjoy learning outside: Create an outdoor classroom and read, draw, and learn!



Make and send a "Thank you" video/note to community workers!



Go for a Rainbow Walk! Identify one thing for each color of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo and Violet.

End the day with yoga: Poses + positive affirmations = confidence boost.

Rethink your drink: Explore healthier drink options in a tasty way!



Share uplifting and encouraging words with each other through activities.

Learn about Random Acts of Kindness: Complete 2 random acts of kindness!

Try a walking program for your class/school: Check out WALK ACROSS TEXAS YOUTH!



Make sure you take pictures and tag: #EveryKidHealthyWeek