



# Every Kid Healthy Week

## Elementary School Edition

### April 21-25, 2025



Improving Health Together



Get your school involved in simple,  
healthy activities this week!

For great tips, ideas, and resources, visit our website: [howdyhealth.tamu.edu/ekhw](http://howdyhealth.tamu.edu/ekhw)



## MINDFUL MONDAY

## TASTY TUESDAY

## WELLNESS WEDNESDAY

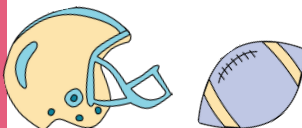
## THOUGHTFUL THURSDAY

## FAMILY FRIDAY

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

Class/School Taste  
Test: Introduce new  
fruits and vegetables  
to students!

Add an extra  
5 minutes to recess  
or create an active  
break in class.



Make friendship  
bracelets in class and  
share one with a  
friend!



Encourage family  
literacy- Check out  
FRED-Families  
Reading Everyday



Go for a meditation  
walk: help students  
release energy and  
emotions while walking  
as a class



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

Enjoy learning  
outside:  
Create an outdoor  
classroom and color  
the Every Kid  
Healthy Week  
Coloring pages!



As a class, discuss  
bullying, cyberbullying,  
and ways to create a  
more positive school  
environment.



Host a Color  
Run/Walk for  
families to get a  
splash of color  
while walking!

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



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

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



Host a  
health/safety  
event at your school.



Host a  
Family Game Night  
at your school or  
as a classroom.



Make sure you take pictures and tag: **#EveryKidHealthyWeek** and **#EKHW25**

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