Every Kid Improving Health Together Healthy Week Improving Health Together Secondary School Edition Improving Health Together April 21-25. 2025 Improving Health Together Get your school involved in simple. Improving Health Together healthy activities this week! Improving Health Together For great tips, ideas, and resources, visit our website: howdyhealth.tamu.edu/ektw Improving Health Together				
MINDFUL Monday	TASTY TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	FAMILY FRIDAY
Begin the day with a guided meditation session to help students center their thoughts and reduce anxiety.	Encourage students to track small, healthy changes in their diets.	Introduce stress-relief movement sessions before exams.	Create a board where students can write shout-outs for their peers.	Start a gratitude jar at school, where students can anonymously write down things they are thankful for about their families.
Encourage students to limit screen time in the morning before school to focus on self-care, like meditation or journaling.	Share quick, fun TikToks, Instagram Reels, or infographics about easy, healthy meals.	Set up park or beach clean-up days where students walk and collect trash.	Organize a non- perishable food collection for a local food bank.	Host a virtual or in-person family talent show, where each family can showcase a unique talent or performance.
Play calming instrumental music or nature sounds in the background while students work or meditate.	Students design healthy eating campaigns, cafeteria menus, or social media challenges.	Organize dodgeball, relay races, or ultimate frisbee during lunch.	Create a "Feel-Good Playlist" with songs suggested by students.	Hold family-friendly school events such as movie nights, performances, or field day where families can participate.

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

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