



Every Kid Healthy Week Secondary 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



MINDFUL MONDAY

Begin the day with a guided meditation session to help students center their thoughts and reduce anxiety.

TASTY TUESDAY

Encourage students to track small, healthy changes in their diets.

WELLNESS WEDNESDAY

Introduce stress-relief movement sessions before exams.

THOUGHTFUL THURSDAY

Create a board where students can write shout-outs for their peers.

FAMILY FRIDAY

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