



# EVERY KID HEALTHY WEEK

**April 20-24, 2026**

## Dear Families...

Every Kid Healthy Week is a nationwide celebration dedicated to promoting the physical, emotional, and mental well-being of children. Each day highlights a different aspect of healthy living and provides easy ways families can get involved. These themes make it simple to weave health, connection, and fun into every day routines.

We need your help! Your child will be participating in activities in class while at school. However, the learning doesn't stop there. In order to help make healthy practices a habit, we encourage you to continue the discussion at home as well.

- Ask your child what they learned that day.
- Help your child reflect on the topics that were discussed.
- Encourage your child to work on developing healthy habits that align with your family dynamics.
- Show your child that this is something to work on together as a family!
- Utilize some of the activities found on the resources on the back and through the QR codes provided.
- Take pictures of the memories you will be making!
- Have fun with it!

## Just a thought...

Every Kid Healthy Week reminds us that small steps – mind, body, and heart – grow strong, confident kids.

## Weekly Schedule

APRIL 20	<b>MINDFULNESS MONDAY</b> Mental Health & Wellness
APRIL 21	<b>TASTY TUESDAY</b> Nutrition Education
APRIL 22	<b>WELLNESS WEDNESDAY</b> Physical Activity
APRIL 23	<b>THOUGHTFUL THURSDAY</b> Vaping/Nicotine Prevention
APRIL 24	<b>FAMILY FRIDAY</b> Family Engagement

## How can we use this?

add qr codes for the activities chart, acts of kindness page, and coloring pages



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## Mindfulness Monday

Mindfulness helps kids slow down, manage stress, and build stronger self-awareness.

Try this at home:

- One Minute Breathing Break – inhale 4 counts, exhale 6
- Color Your Mood – kids draw a picture on how they feel
- Gratitude Share – each family member shares one thing they're thankful for

## Tasty Tuesday

Healthy eating habits start with exposure, exploration, and simple choices.

Try this at home:

- Build Your Own Snack Plate – offer fruits, vegetables, whole grains and proteins for kids to mix and match
- Taste Test Tuesday – try a new fruit or vegetable together
- Kitchen Helpers – involve kids in cooking

## Wellness Wednesday

Physical activity is essential for children's growth, confidence and overall wellbeing.

Try this at home:

- Nature Stroll – a walk to discover nature
- Backyard Obstacle Course – use chairs, chalk, or toys to create a quick challenge course
- Throwback Games – hopscotch, tag, jump rope

## Thoughtful Thursday

Support children's long-term health by preventing nicotine use, including vaping.

Try this at home:

- Start the conversation early – keep it simple
- Share the Facts – Explain the effects
- Practice refusal skills – role play simple responses kids can use when offered something unhealthy

## Family Friday

Celebrate quality time, connection and healthy habits build together as a family.

Try this at home:

- Family Activity Night – do something active that all family members will enjoy
- Unplugged Hour – Set aside time without devices and focus on being together
- Family Goal Setting – pick a simple weekly goal to work on together

## For more information...