A picture containing food

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**EVERY KID HEALTHY WEEK SOCIAL MEDIA PACKET-**

**HOME EDITION**

**2021**

**Monday’s Post:**

It’s Every Kid Healthy Week this week (April 26-30th)! We are encouraging families to have fun while staying healthy and active at home! Today is Mindful Monday: Get your kids practicing social emotional health and mindfulness skills to build resilience. **#EveryKidHealthyWeek**

If you need more resources on completing these activities, please visit: <https://howdyhealth.tamu.edu/ekhw> and [everykidhealthyweek.org](https://urldefense.proofpoint.com/v2/url?u=https-3A__www2.actionforhealthykids.org_e_21152_volved-2Devery-2Dkid-2Dhealthy-2Dweek-2D_5nq7b8_506182831-3Fh-3DyPsURGcTpigqhZ9JUdGCA6Te4owh111469AgNbNcYrQ&d=DwMGaQ&c=r_tSStIHV2ie60z4DgB-pQ&r=9DnA6h8r7hslEGbTNBrThK7Hv4GUBJai5GIwqhSzJSw&m=gTXPy6Q19vcqGKRd-KRDOX28JgcMyE2OengYZmZmQE0&s=hqt-CGmP2DRoRGqtKfjpSgA20OpNPbTAqusNk7wfJ6Y&e=)

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**Tuesday’s Post:**

It’s Every Kid Healthy Week this week (April 26-30th)! We are encouraging families to have fun while staying healthy and active at home! Today is Tasty Tuesday: Build lifelong healthy eating habits by exposing kids to new foods, healthy cooking, and growing their own produce. **#EveryKidHealthyWeek**

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**Wednesday’s Post:**

It’s Every Kid Healthy Week this week (April 26-30th)! We are encouraging families to have fun while staying healthy and active at home! Today is Wellness Wednesday: Explore with your kids or students what wellness means to them, and then develop self-care strategies. **#EveryKidHealthyWeek**

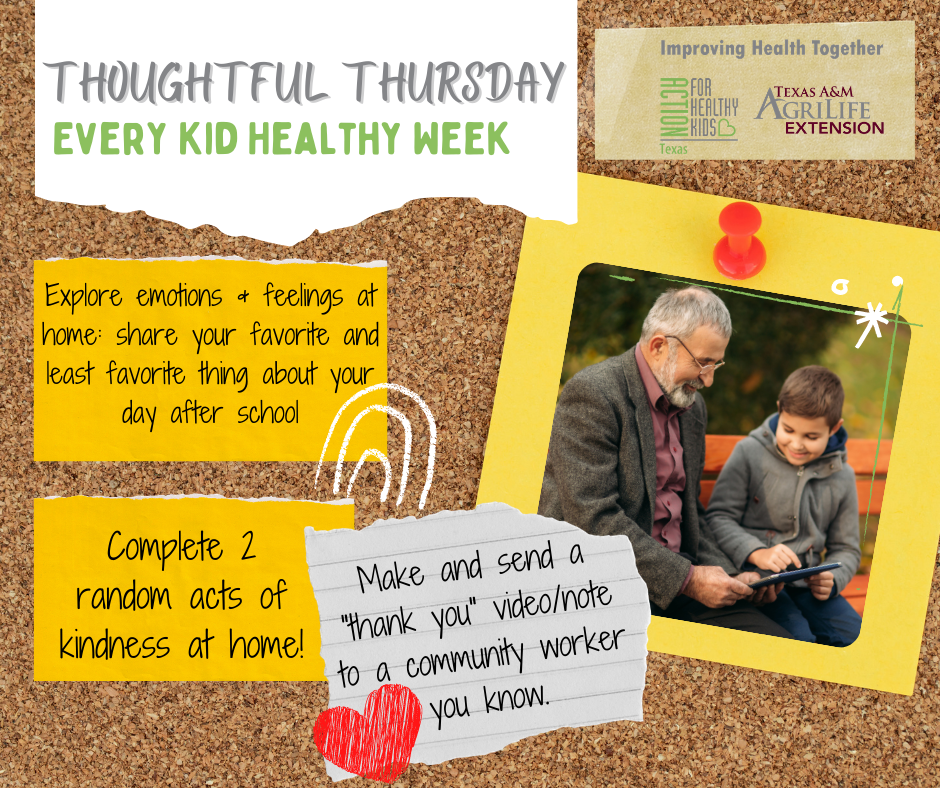
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**Thursday’s Post:**

It’s Every Kid Healthy Week this week (April 26-30th)! We are encouraging families to have fun while staying healthy and active at home! Today is Thoughtful Thursday: Nurture kids’ social health and positive relationships. **#EveryKidHealthyWeek**

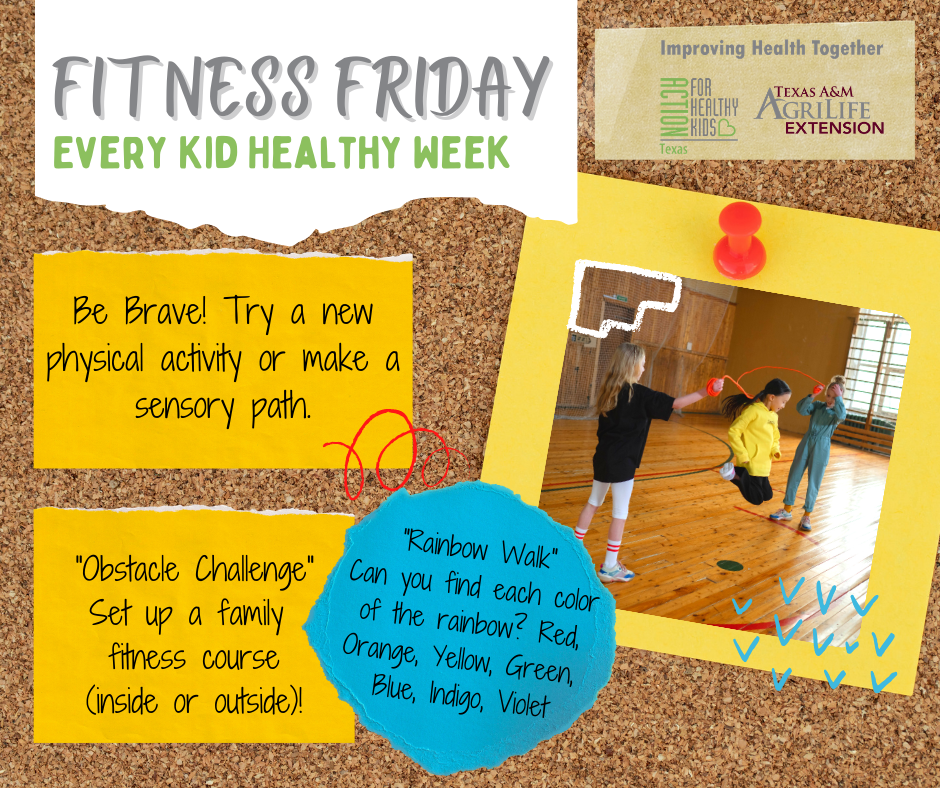
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**Friday’s Post:**

It’s Every Kid Healthy Week this week (April 26-30th)! We are encouraging families to have fun while staying healthy and active at home! Today is Fitness Friday: Get moving! Physical activity fuels not only the body but the mind, too. **#EveryKidHealthyWeek**

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