

Wellness Wednesdays at School

Students:

- Walk or bike to school.
- Ask other students in your neighborhood to walk or ride in a group.
- Bring reusable water bottle to keep at your desk.
- Wash your hands with soap before eating and after bathroom breaks.
- Start the day with a healthy breakfast...you need fuel to learn!
- Offer to help a classmate or teacher when they need it.
- Tell someone you like being their friend.
- Be a positive role model: be kind to everyone!
- Be respectful to your teachers and school staff.
- Smile☺
- Start an after school fitness club. Led by kids for kids!

Parents & School Staff:

- Provide a variety of learning experiences through games, fitness, and sports.
- Support school staff who are short on time, energy and money by supporting healthy options in the classroom. Teachers who are supported make for teachers who can better support their students!
- Consider ways to incorporate movement in the classroom. Stress balls, juggling, rotating learning stations that might involve doing squats, stretches, jumping jacks etc.
- Promote healthy food and beverage choices at school parties, meetings and sporting events: it's our kid's fuel and they count on us!
- Incorporate TAKE 5 in your classroom and parenting. Calm responses help to create more calm behavior. Check out ideas from **TAKE 5 @ School** and **TAKE 5@ Home** on www.MowerRefreshed.org.
- Set a positive role model: lead by example in healthy living choices!

Share your ideas for making school a more Re-freshed environment!