

MINDFUL MONDAY

TASTY TUESDAY


WELLNESS WEDNESDAY

THOUGHTFUL THURSDAY

FITNESS FRIDAY

# Every Kid Healthy Week (April 26-30th)

Grab 1 dice and a roll your way through this Healthy Board Game! Use any household item as moving pieces such as coins, erasers or paper clips. Move from start and work your way down the challenge board. The first person to reach the finish line wins!

**START**  



Name 3 healthy breakfast foods?

You brushed your teeth today move forward 2 spaces

Take 3 Deep Breaths to help you feel relaxed


Name 3 healthy after school snacks?

You went to bed early move forward 2 spaces



Sit down and do 10 sit ups. Your doing Great!

You held the door open for someone move ahead 2 spaces




You did not eat your vegetables today go back 2 space

Count to 10 while reaching for your toes

Do 10 jumping jacks ..how do you feel?

You took a walk outside what 3 things did you see?



Drink your water today, add fruit to give it some flavor!  
What fruit could you add?

Do 5 push ups. Your so close to the finish line!

You helped a classmate put something away  
Way to Go!

Name 3 things you are grateful for in your life.

**FINISH**  
You did it!

