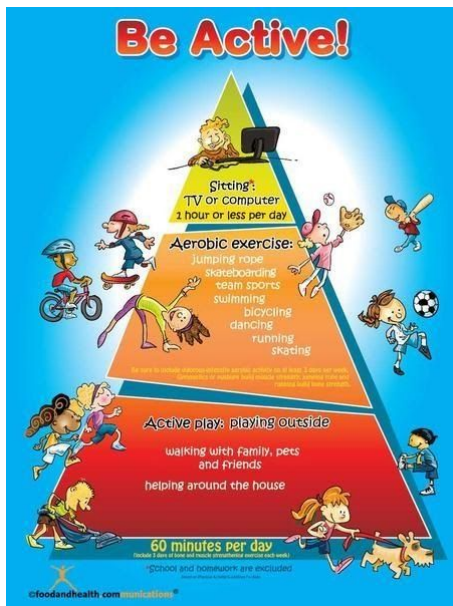


HEART: Choice Board

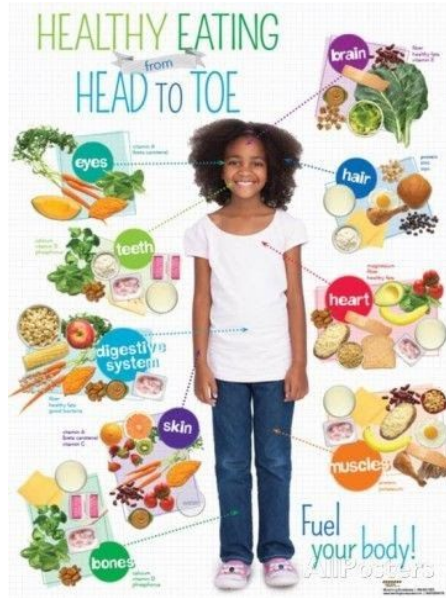
Students here are some fun ways to stay healthy this summer!

Being Active



Challenge yourself to get at least 60 minutes everyday!

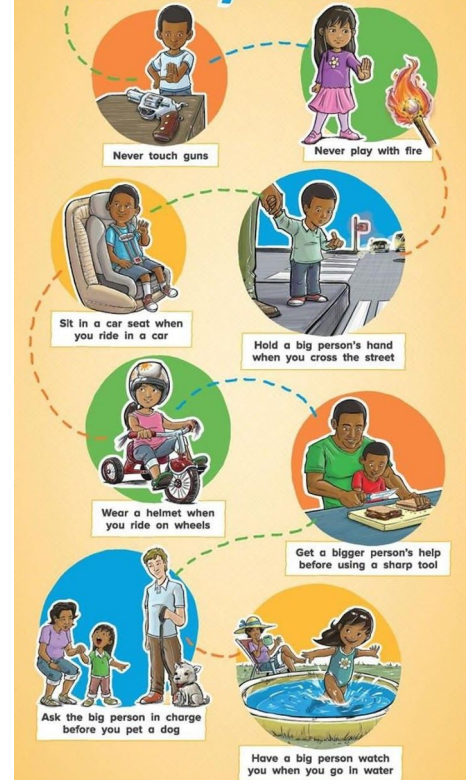
Healthy Eating



Different foods help different parts of the body

Safety Rules

Safety Rules



secondSTEP Child Protection Unit

Training for staff
Activities for children
Education for families

Call 800-634-4449
Visit efchildren.org/child-protection

Keep yourself safe

Daily Habits

Healthy Daily Habits FOR KIDS

HAIR
Brush or comb your hair twice a day to keep the tangles out. Never share your brush or comb.

TEETH
Brush teeth twice a day - after breakfast and before you go to bed.

NAILS
Keep fingernails and toenails clean and trim them once a week. Bath time is usually best for trimming and cleaning under the nails.

SLEEP
Go to bed at about the same time every night. Spend some time doing a quiet activity such as reading a book or listening to music.

BODY
Take a bath or shower once a day. Wash your hair with shampoo often.

HANDWASHING
Always wash your hands with soap and water before eating, after playing outside, after going to the bathroom and after coughing or sneezing.

CLOTHING
Wear fresh clothes every day, even if your old clothes don't smell. Clean underwear is especially important.

Try these everyday

Hand Washing

...when they are dirty

We should wash our hands...

...after using the bathroom

...before eating or preparing food

...after touching pets or other animals

...after blowing our nose or coughing

...after playing outside

...before and after visiting a sick relative or friend

Follow these steps

Kindness

12 Ways to Show Kindness

© Pathway 2 Success
www.thepathway2success.com

- Just listen to a friend
- Write someone a kind note
- Invite someone to join you
- Forgive someone for a mistake
- Let someone else go first
- Give someone a high-five
- Work with someone new
- Help clean up
- Help someone having a tough day
- Hold the door open for others
- Do an extra chore
- Spend time with a friend

© Clipart by Sarah Peacock, Katie Hildred - Rebecca

Show others you care about them

5 Food Groups

THE 5 FOOD GROUPS

Fruit Group
4 to 5 servings a day
Bananas, Peaches, Pears, Oranges, Grapes, Apples, Blueberries, Watermelons, Mangoes, Strawberries, Raisins, Melons.

Vegetable Group
4 to 5 servings a day
Broccoli, Potatoes, Lettuce, Carrots, Celery, Spinach, String Beans, Cucumbers, Peppers, Zucchini, Collard Greens, Onions.

Protein Group
2 servings a day
Fish, Tofu, Beans, Peanut Butter, Eggs, Chicken, Hamburgers, Nuts, Steak.

Grains Group
6 to 7 servings a day
Whole Grain Breads, Cereals, Oatmeal, Popcorn, Corn, Tortillas.

Dairy Group
2 to 3 servings a day
Cheese, Fat Free Milk, Yogurt.

YOU ARE WHAT YOU EAT

Pick your foods wisely

Tooth Brushing

STEP 1
Wet your toothbrush.

STEP 2
Apply toothpaste to your toothbrush.

STEP 3
Smile! Brush the bottom, top, and sides. And brush your tongue.

STEP 4
Rinse your mouth.

STEP 5
Don't swallow. Spit!

STEP 6
Turn the water off.

STEP 7
Put your brush away.

DON'T FORGET!
For good oral hygiene, floss your teeth!

Keep cavities away

Calming Down

9 CALM DOWN IDEAS FOR KIDS

- Go outside and kick a ball or run around.
- Punch a pillow.
- Listen to music or sing a song.
- Close your eyes and think of a calm place.
- Draw a picture.
- Write a letter or a story.
- Read a book.
- Talk to someone.
- Ask for a hug.

Managing Big Emotions with Childhood 101

Try these if you get upset