

# Promote Healthy Habits

## School Pledge

Healthy students do better at all levels of academic achievement: academic performance, education, behavior, and cognitive skills and attitudes. That's why we are committed to **helping create learning environments that promote healthy habits** where students can thrive.

As a Strong4Life Challenge school, your school will receive water bottles, posters and a bulletin board starter kit. Use these resources to help implement your pledge. We've provided suggestions below on how to use these items, but feel free to incorporate these items in other creative ways.

## Create an environment that supports healthy habits

- Display posters promoting physical activity, emotional wellness and nutrition.

*Tip: Use the **Strong4Life Healthy Habits** and **Why Should I Move My Body** posters we provided to help get you started.*



- Design a Strong4Life themed bulletin board, using our [bulletin board starter kit](#), and display it in a high-traffic area like the front office, gym or media center.



- Promote school breakfast and lunch to encourage meal participation. Team up with your school nutrition staff to find out ways to help promote their meal service.

## Promote activities to energize bodies and minds throughout the day

- Incorporate Strong4Life Brain Break and Coping Skill videos on school announcements, during classroom lessons or in specials. *Our online video library hosts a variety of topics, from physical activity and nutrition to sleep and emotional wellness, all led by the energetic Challenge Team.*

- Incorporate feelings check-ins throughout the day using our *Feelings poster* and other visual prompts to help kids learn the skills to identify and label their feelings.

**Remember:**

- ✔ *Validate feelings, even if you disagree.*
- ✔ *Anything anyone feels is real, normal and OK.*
- ✔ *Never force a kid to share how they feel.*

- Add short activity breaks during the day to recharge your body and brain. Our [Let's Move poster](#) provides an easy activity routine to get you moving.



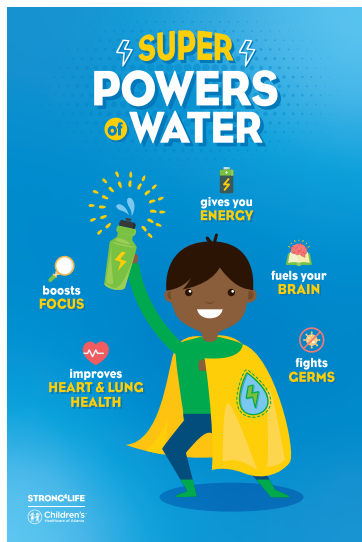
- Teach healthy coping strategies regularly to help manage feelings and handle stress. *Our **Coping Skills poster** provides a few ideas, but the options are limitless.*



## Promote water consumption throughout the school

- Encourage students to use their **Strong4Life water bottles** and fill with plain water throughout the day.
- Encourage staff to be positive role models by drinking water in front of students and keeping any other beverage in an opaque container.
- Decorate water fountains and filling stations with signage and posters promoting water as a smart choice.

*Tip: Ask students to create artwork to display or use our **Super Powers of Water poster**.*



### ROLE MODEL CORNER

It doesn't take long to realize that our students mirror us. So, when it comes to building strong bodies and strong minds, we all have an opportunity to be a positive influence and support our students.

#### Encourage your staff to:

- Participate in activities and mealtimes with students.
- Drink water throughout the day.
- Model healthy boundaries with technology.
- Practice healthy coping strategies and prioritize self-care.

**You've got this!**



All bolded items in **blue** represent a resource sent to your school.



To access materials and learn more about our programs, visit **Strong4Life.com/schools**.