

# Alliance of Coalitions for Healthy Communities

ELEMENTARY SCHOOL



## Prevention Programming

### Programs

- **Nourished**

This program provides students with tools for understanding the importance of healthy eating and developing confidence in their food choices. This is done by learning about the nutrition in our food and how it affects our body, mind, and wellbeing. This program consists of three 40-minute lessons.

*Topics include: Lesson 1: Fuel Your Body, Lesson 2: Fuel Your Mind, Lesson 3: Mindful Eating*



- **ReNEWed Jr. (2nd - 4th Grade)**

An elementary school level program for 2nd-4th grade students, designed to provide them with tools for dealing with stress, anxiety, and other difficult feelings. There are three 45 minute lessons that can be implemented individually or as a collective.

*Lesson 1: Find Your Calm, Lesson 2: Unhealthy Friendships, Lesson 3: Healthy Friendships*



- **ReNEWed (5th - 6th Grade)**

A more advanced version of ReNEWed Jr. for 5th and 6th grade students that provides students with tools for dealing with stress, anxiety, and other difficult feelings. There are three 45 minute lessons that can be implemented individually or as a collective.

*Lesson 1: Emotions and Mindful Coping, Lesson 2: Healthy vs. Unhealthy Relationships, Lesson 3: Social Media Mindfulness*

