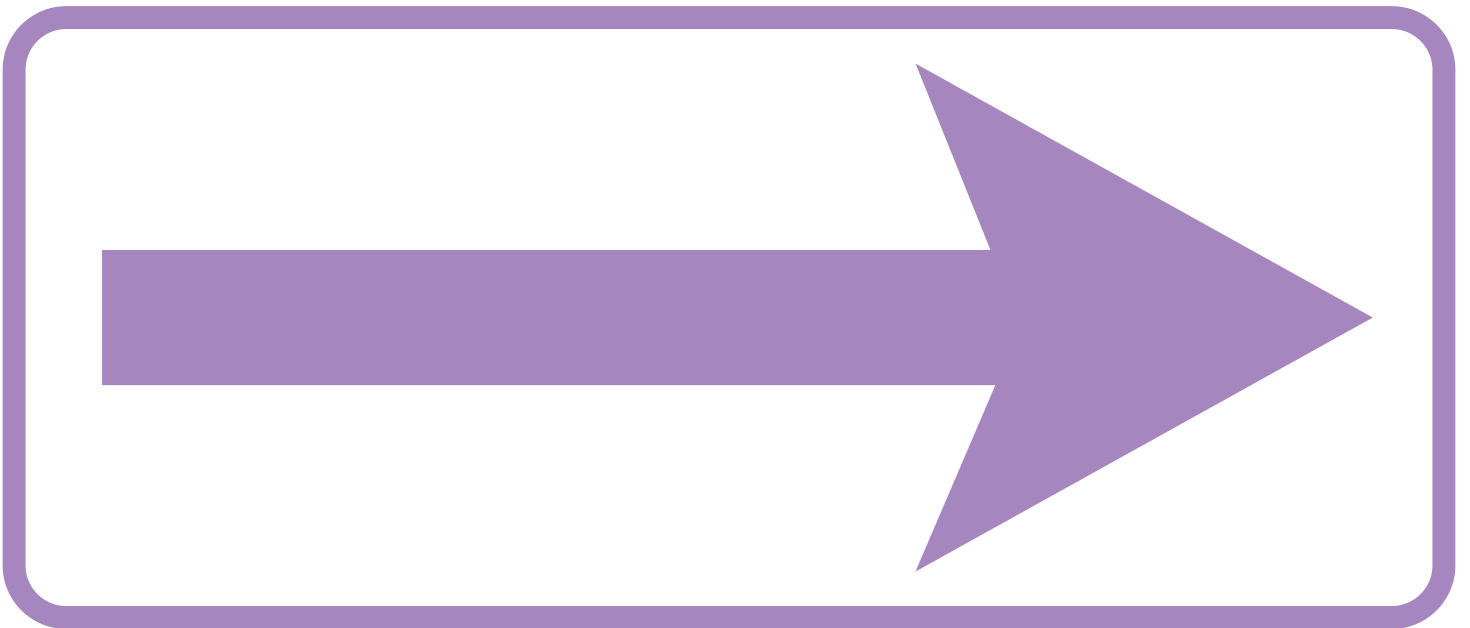
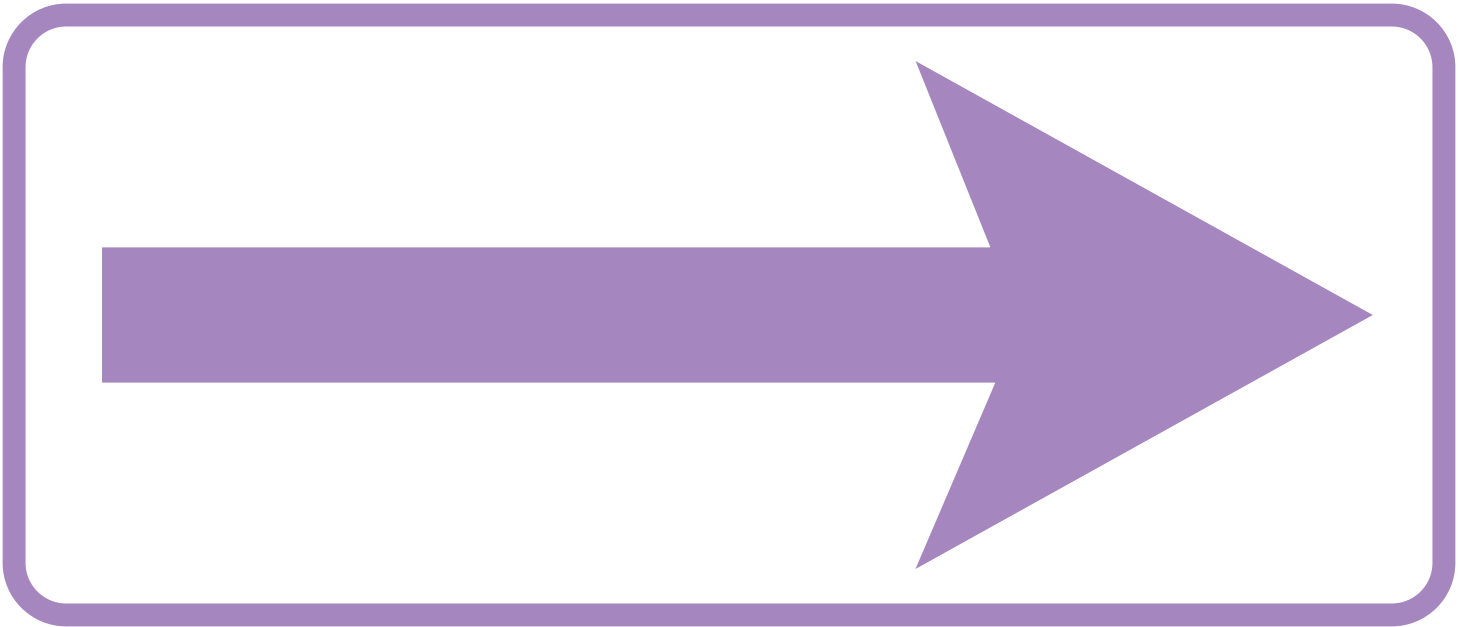
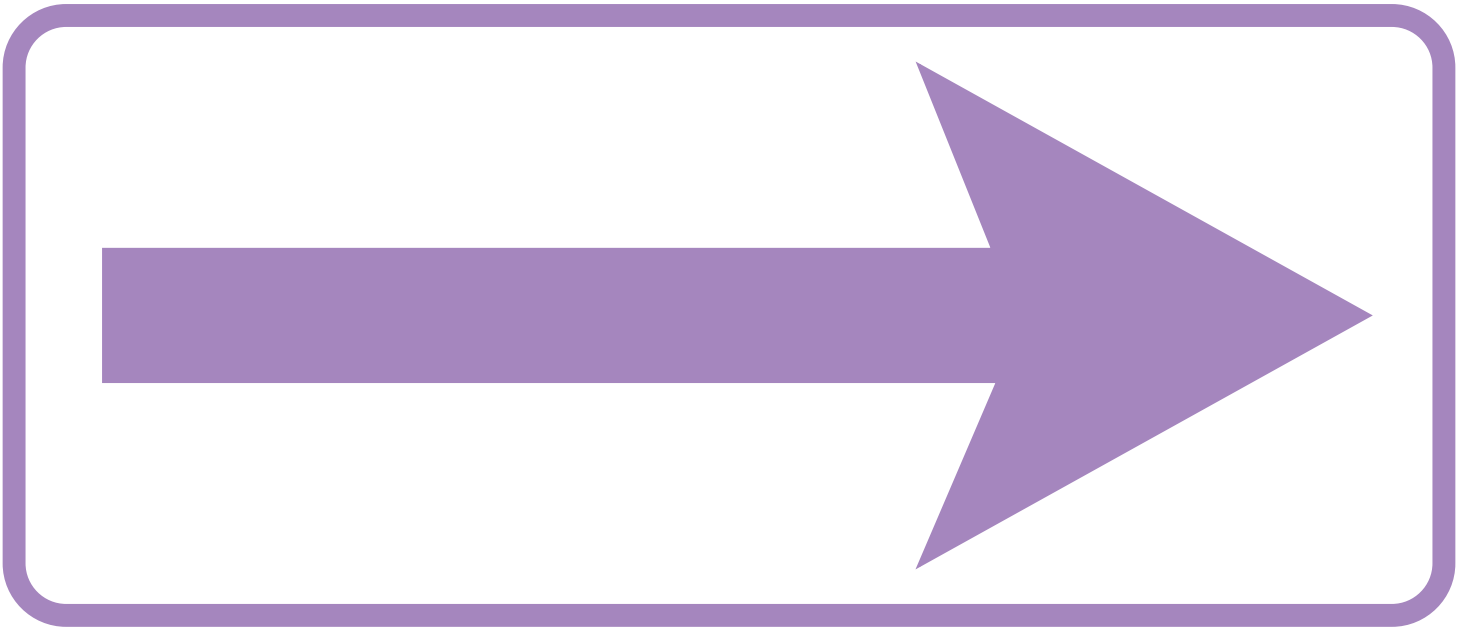
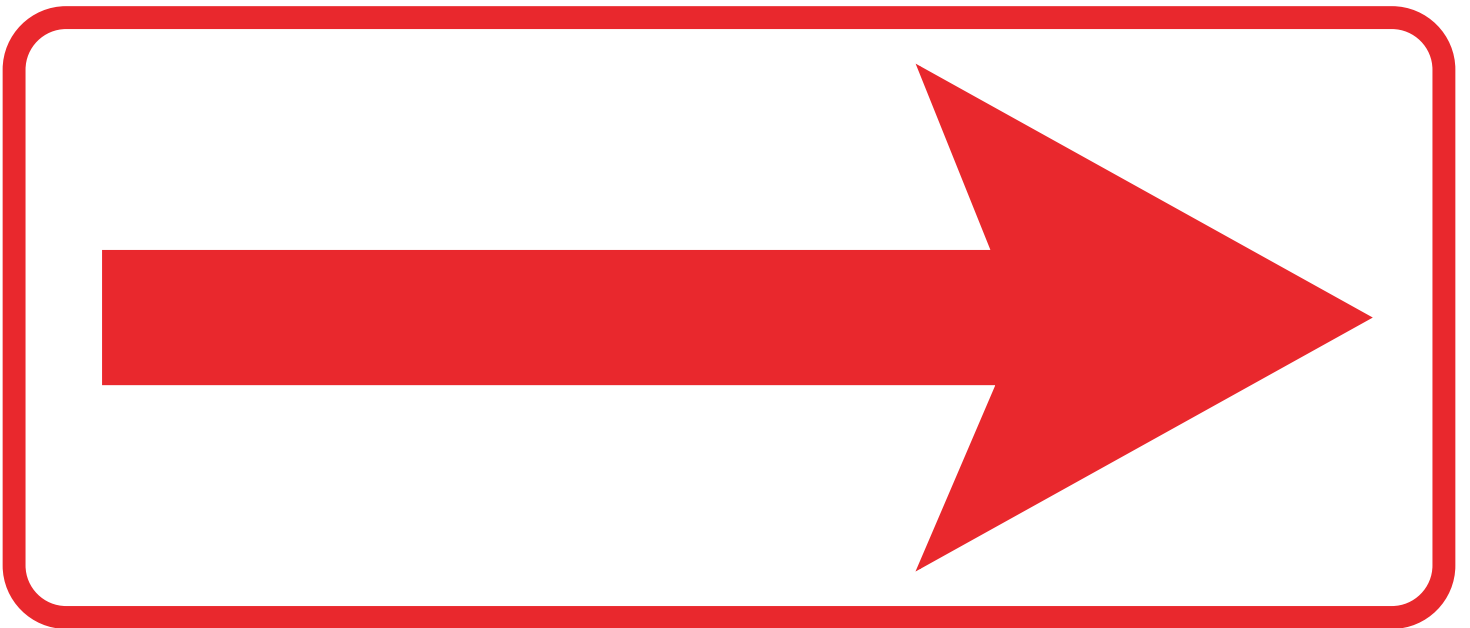
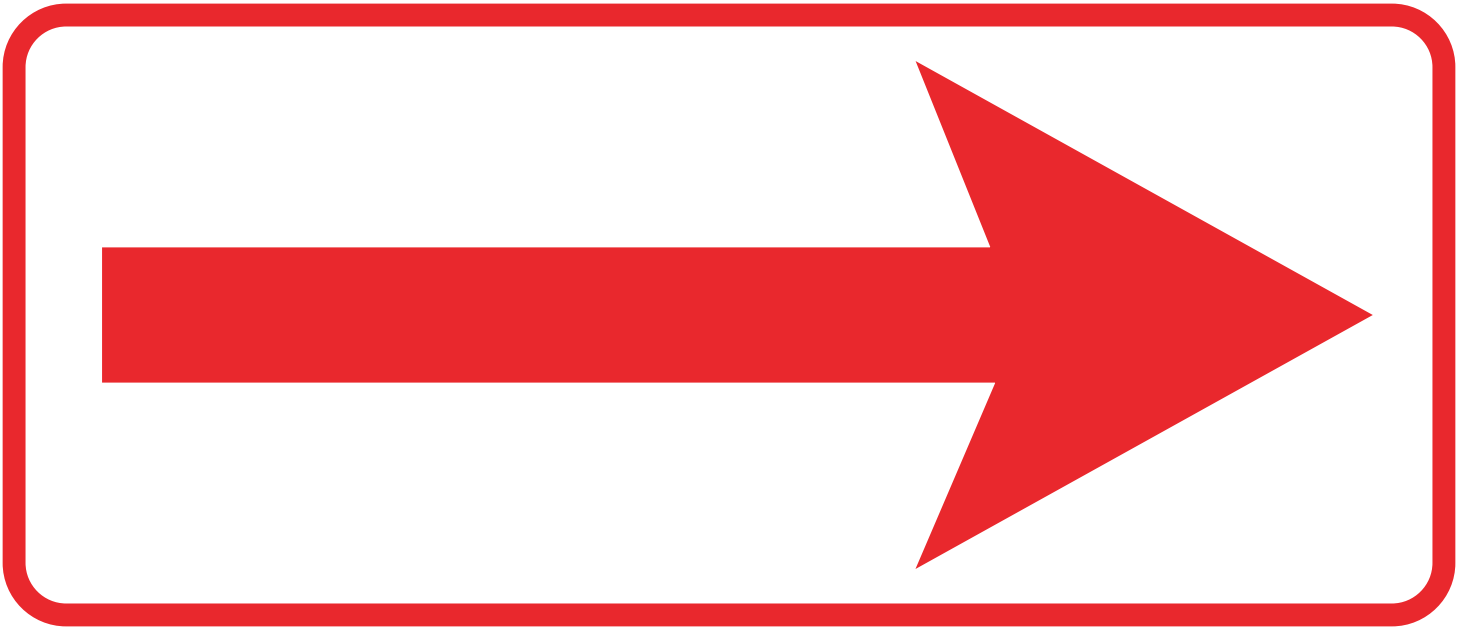
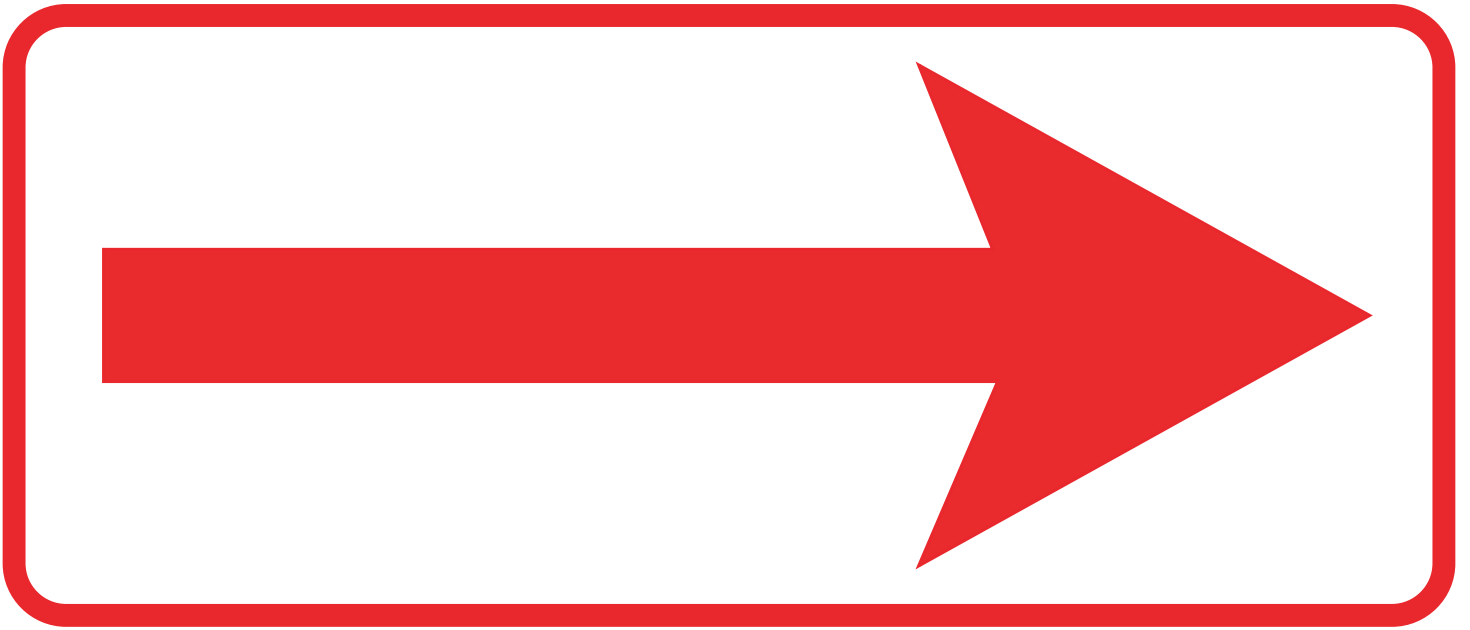


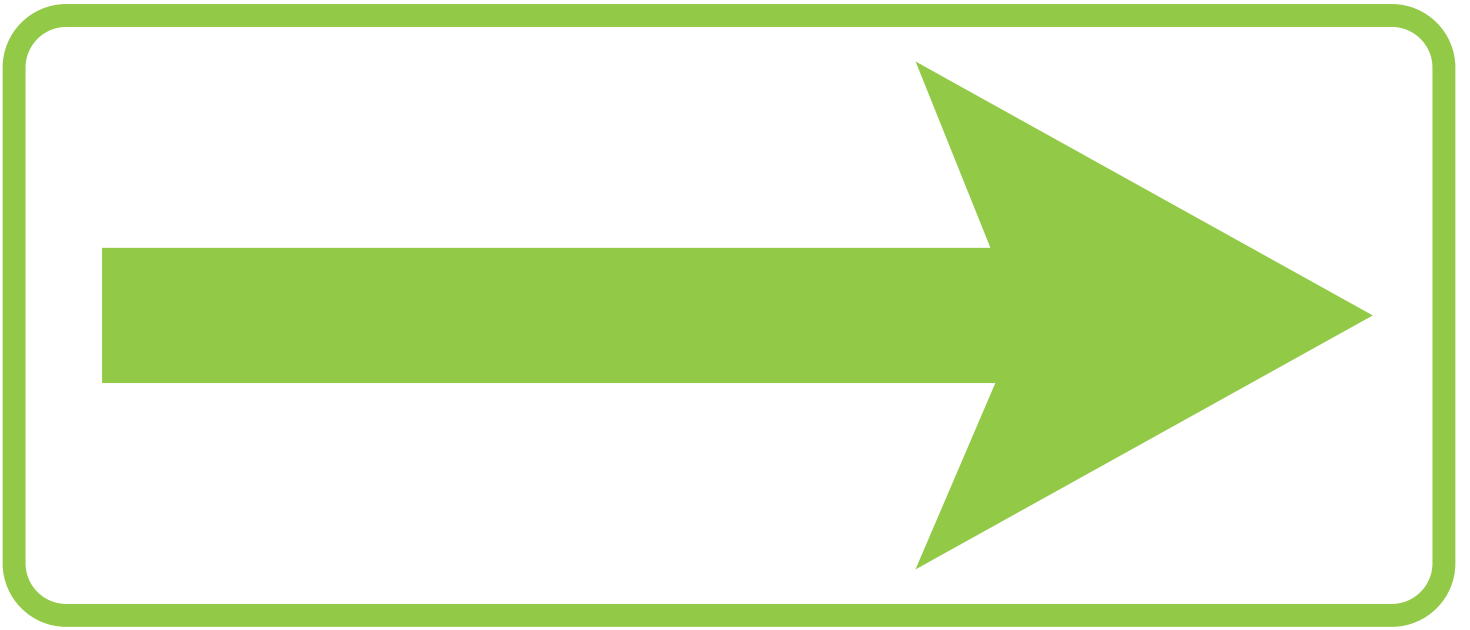
Wellness Way

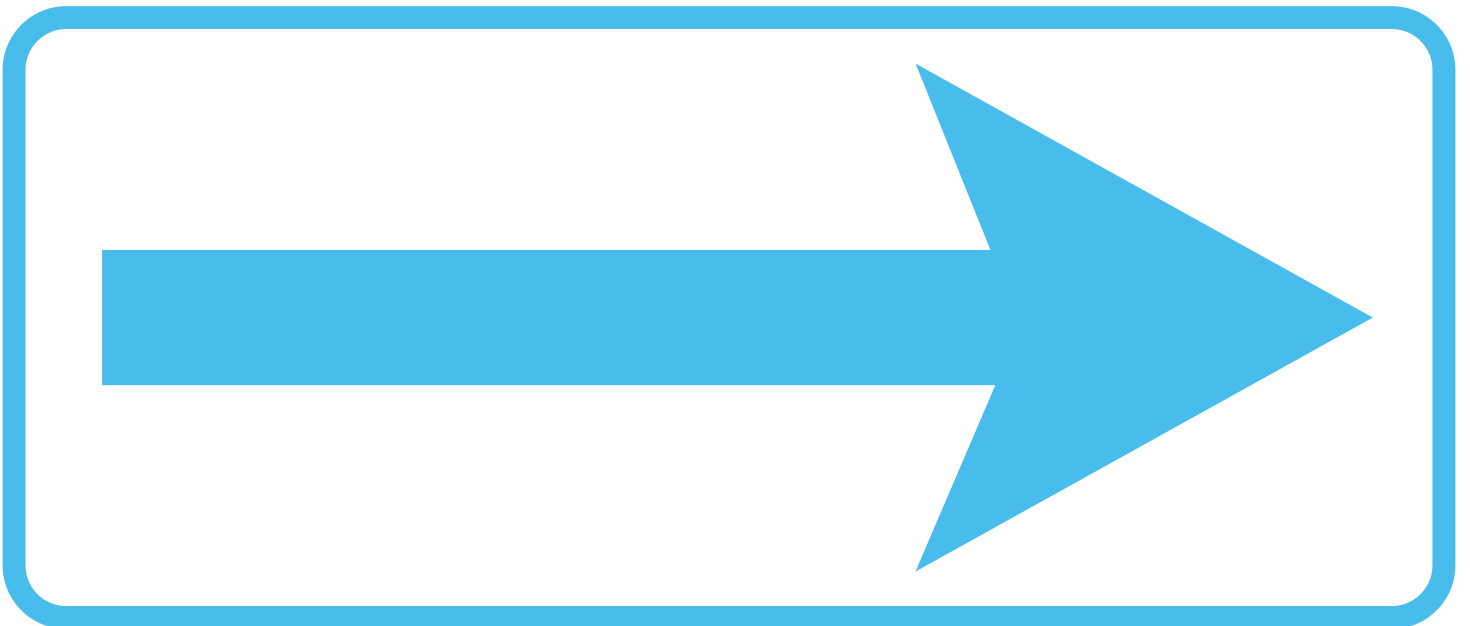
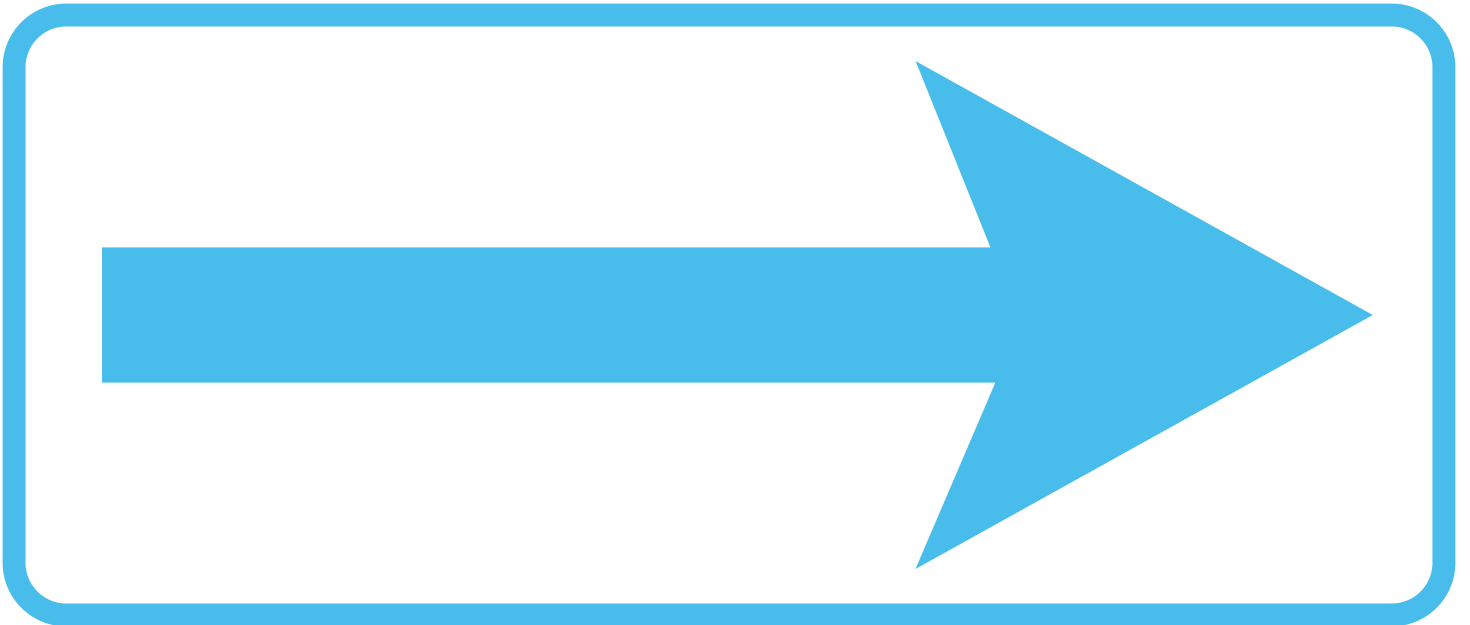
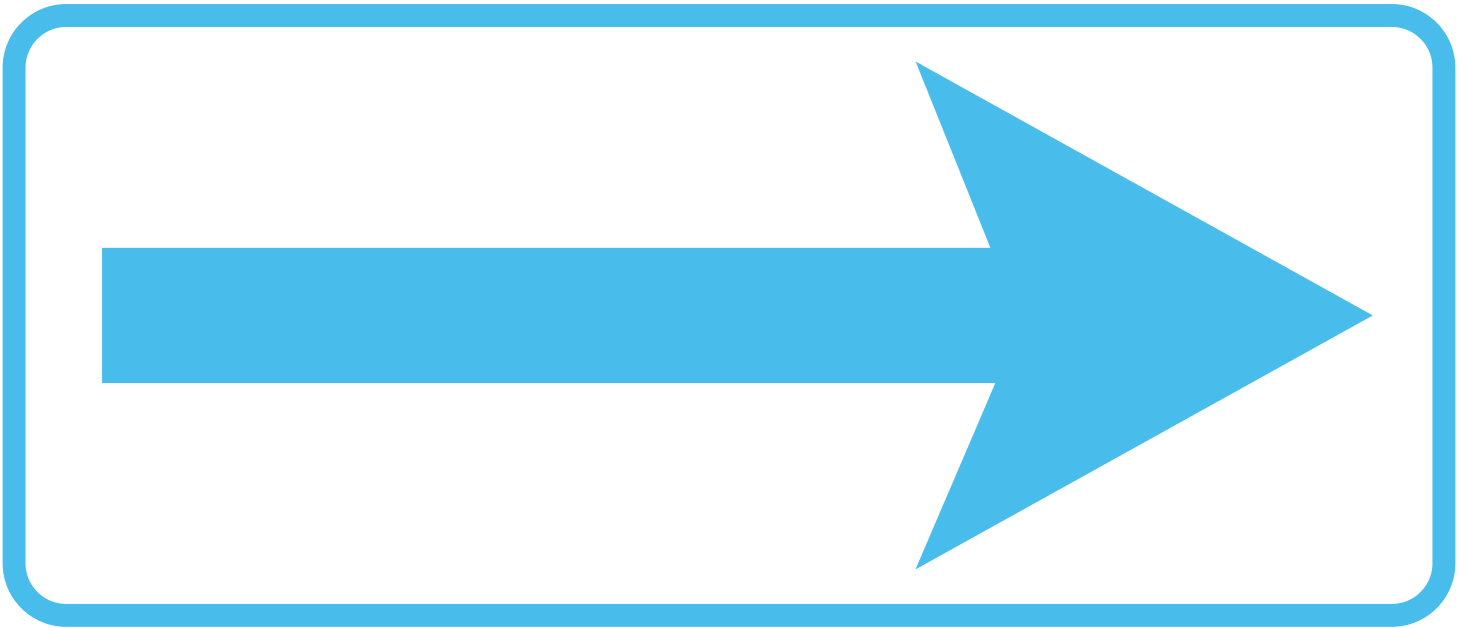
Brought to you by:







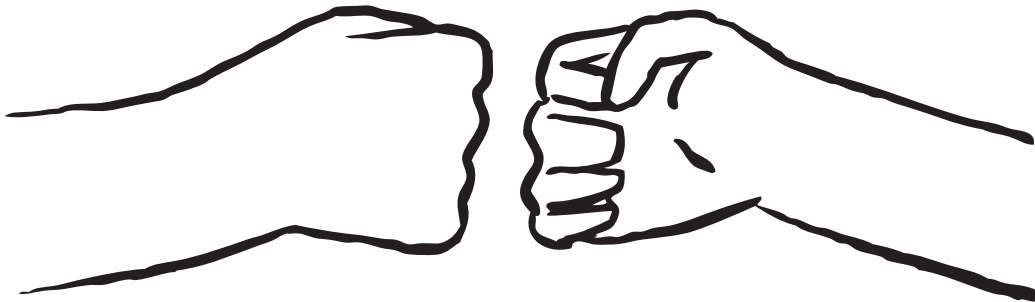






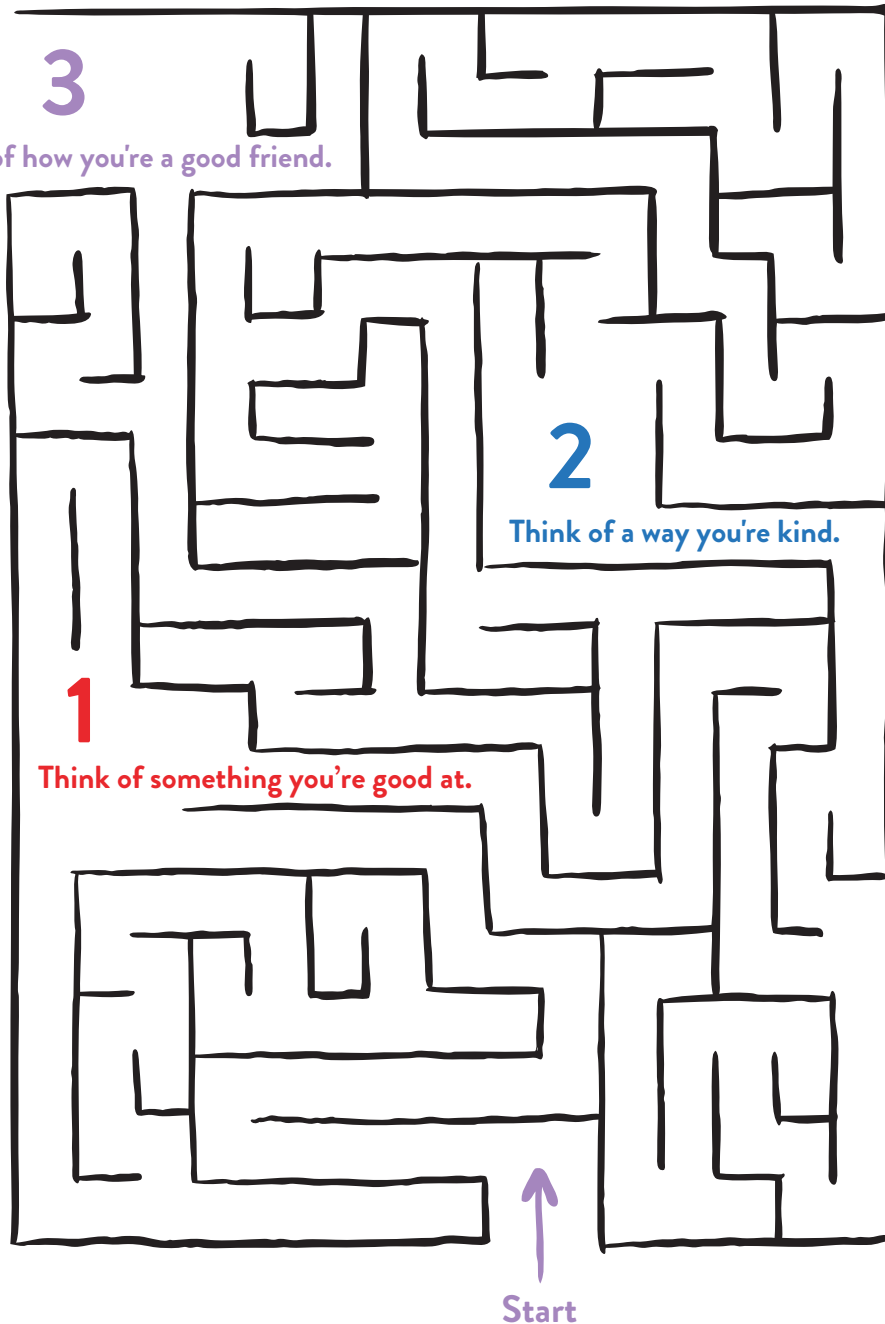
MOOD

SMILE YOUR
BIGGEST SMILE!



Give a fist bump here!

YOU ARE SPECIAL . . . THERE IS NO ONE LIKE YOU!

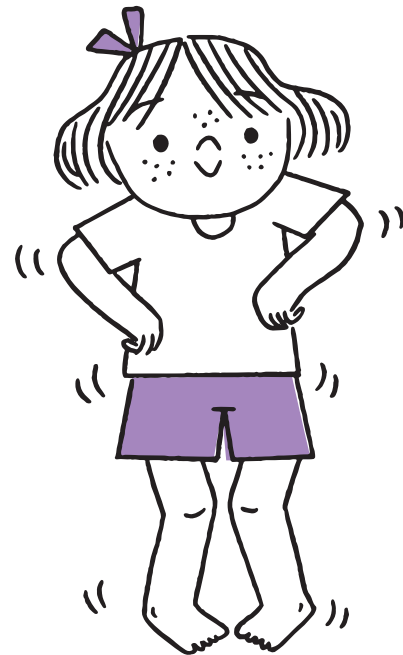


HOW DO YOU FEEL?



When you're feeling excited, your body might feel fluttery like a butterfly.

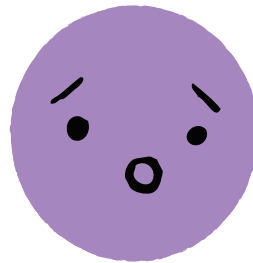
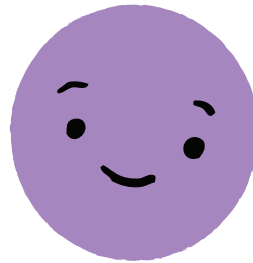
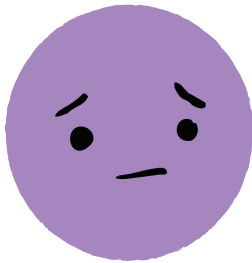
Dance like a butterfly!



When you're feeling nervous, your stomach might feel wiggly.

Wiggle your body!

FIND THE FEELING!



Point to the happy face, then turn around three times.

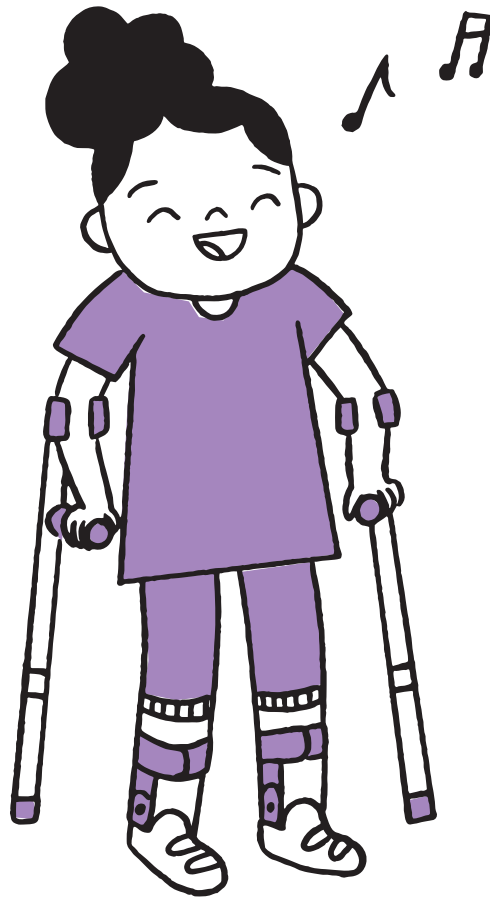
Point to the angry face, then turn around three times.

What other feelings can you find?

Our feelings change many times during the day, and that's OK!

How do you feel right now?

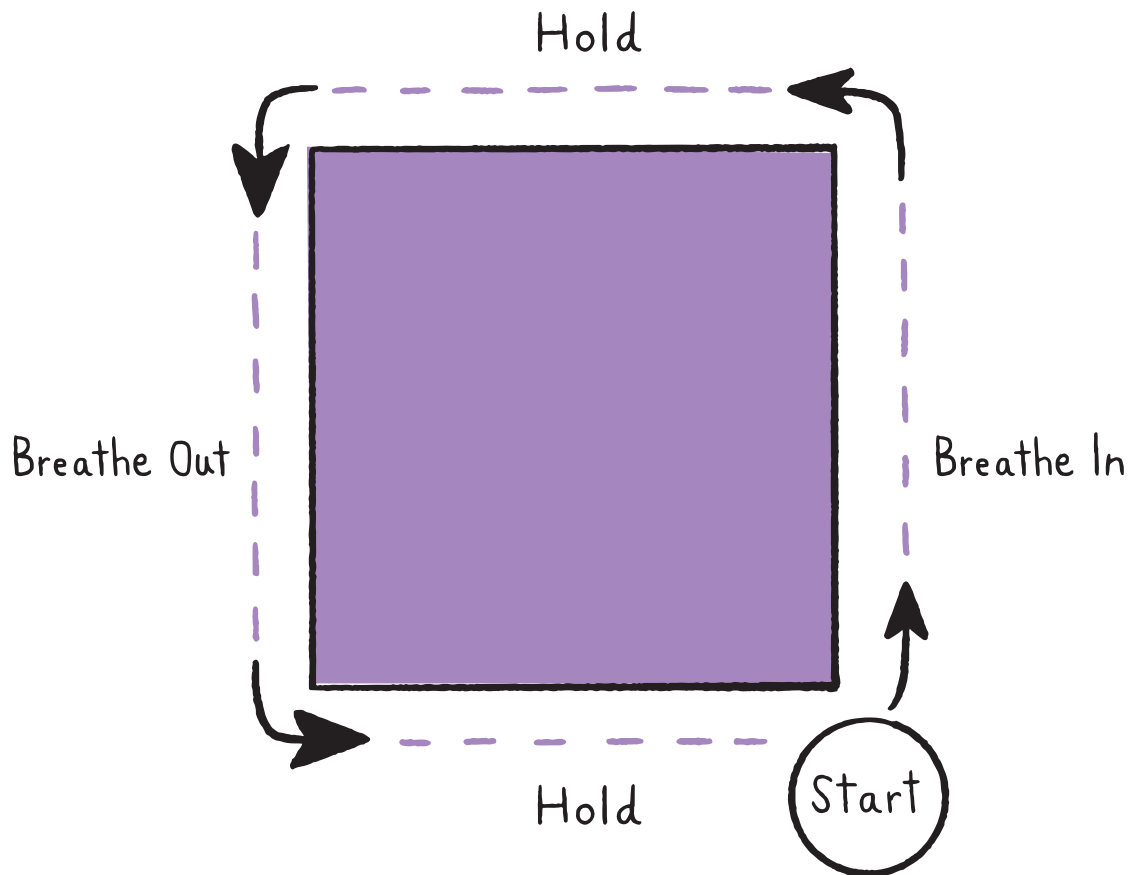
WHAT MAKES YOU FEEL HAPPY?



Try this now:

Dance, sing, move your body, or whatever you want! Which will you do when you're feeling sad?

BOX BREATHING



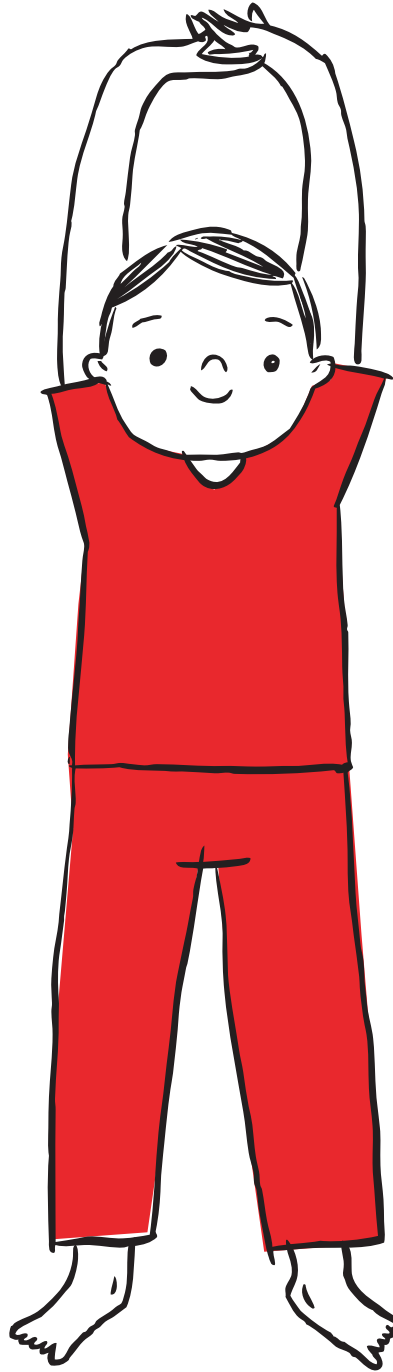
1. Breathe in while you trace the first side of the square.
2. Hold your breath while you trace the next side of the square.
3. Breathe out while you trace the next side of the square.
4. Hold your breath while you trace the last side of the square.
5. Repeat 2 times.

How do you feel after taking deep breaths?



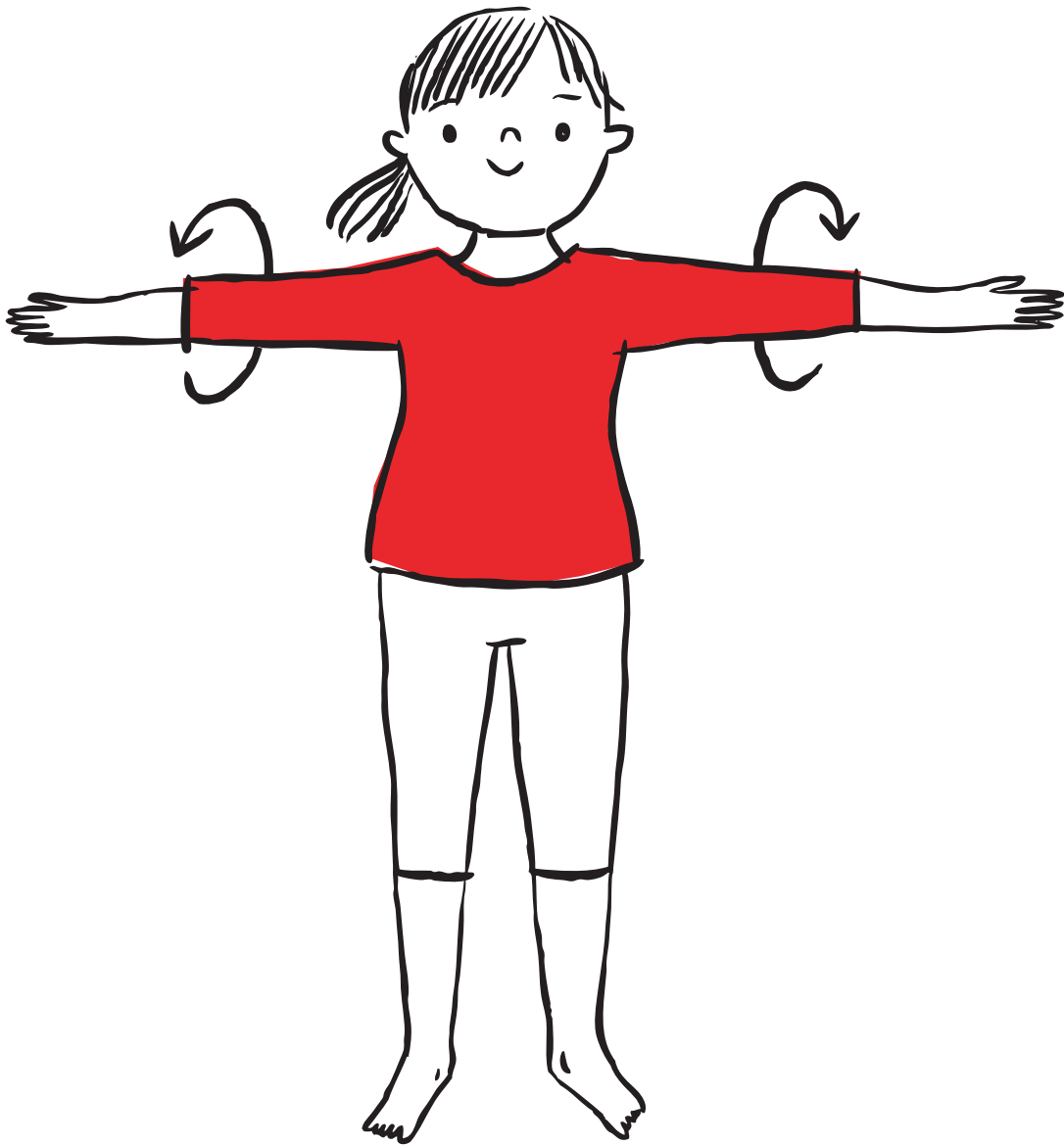
MOVE

OVERHEAD STRETCH



5 deep breaths

ARM CIRCLES



10 total

HIGH KNEES



8 total

TRICEPS STRETCH



10 seconds on each side

BUTTERFLY STRETCHES



5 deep breaths

JUMP ROPE



10 times

JUMPING JACKS



8 total

SQUATS

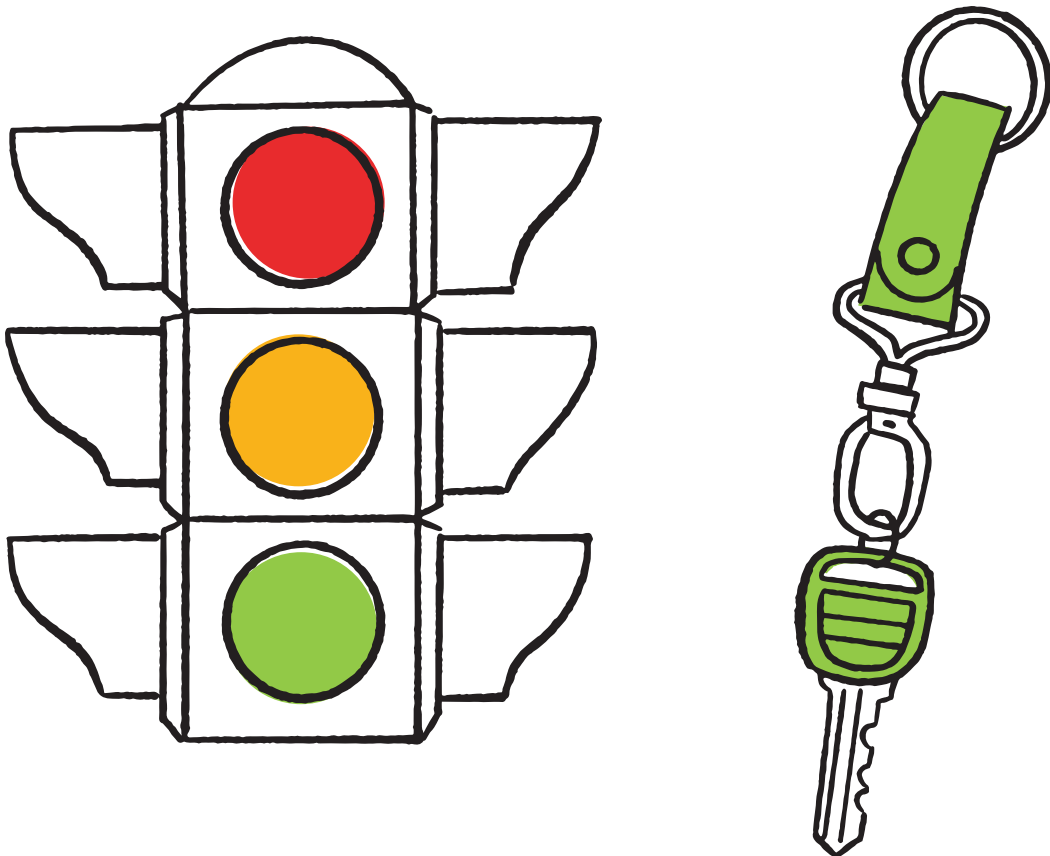


5 total



FOOD

FUEL YOUR BODY AND BRAIN



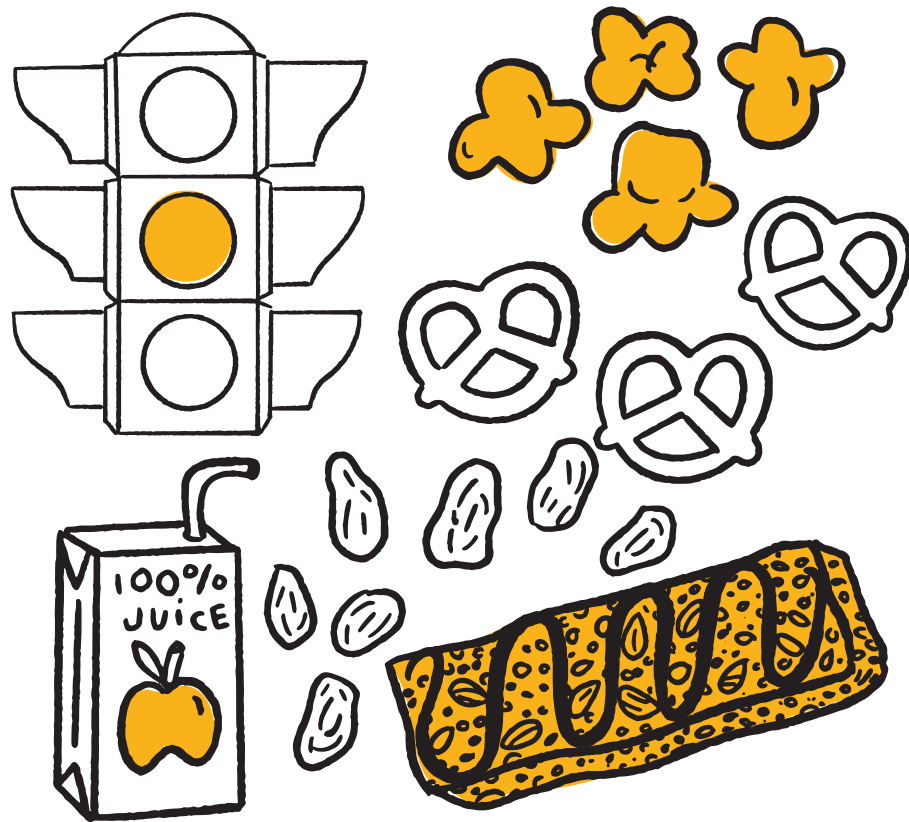
Just like a car, you need fuel to move!
Turn a key to start your engine.

GREEN-LIGHT FOODS



Run in place quickly for green-light foods.
Green-light foods are the most nutritious.
Eat them most often to fuel your body.

YELLOW-LIGHT FOODS



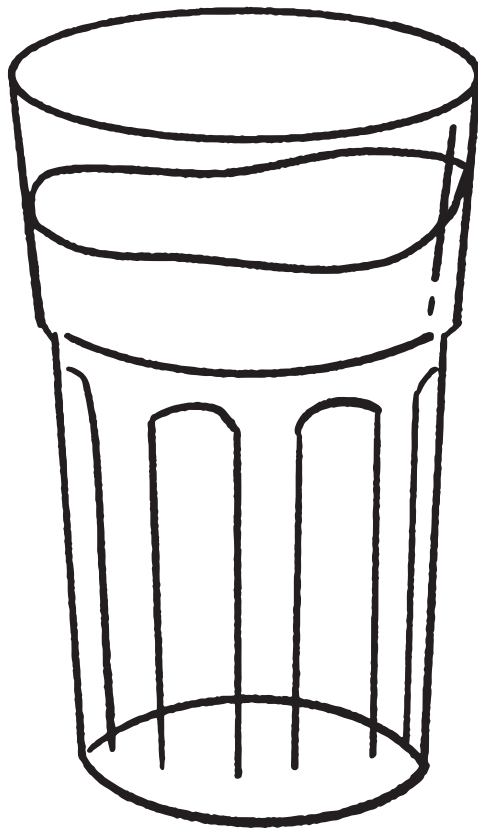
Run in slow motion for yellow-light foods.
Yellow-light foods have *some* nutrition.
Eat them sometimes.

RED-LIGHT FOODS



Strike a pose and freeze for red-light foods.
Red-light foods are the least nutritious.
Eat them least often.

HYDRATION STATION

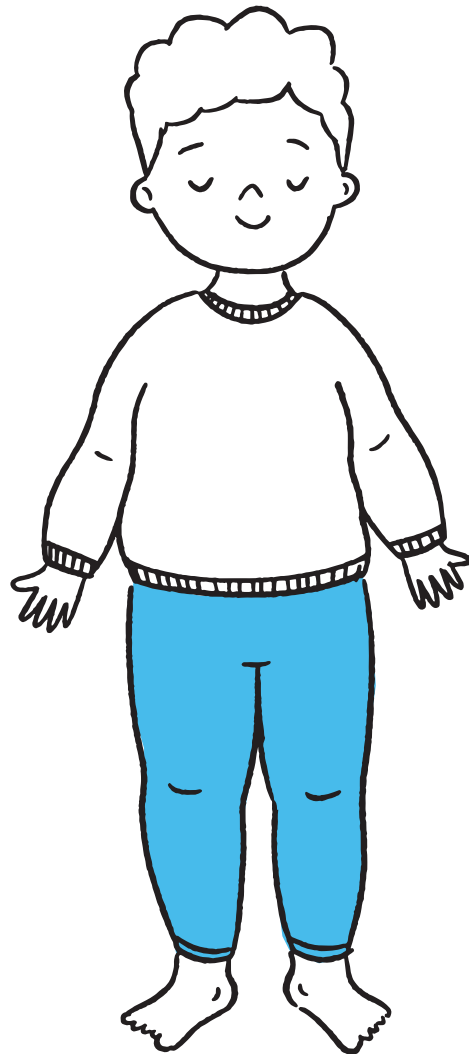


Yay! Good job fueling your body and brain!
Don't forget to hydrate with water.
Do 3 star jumps to celebrate.



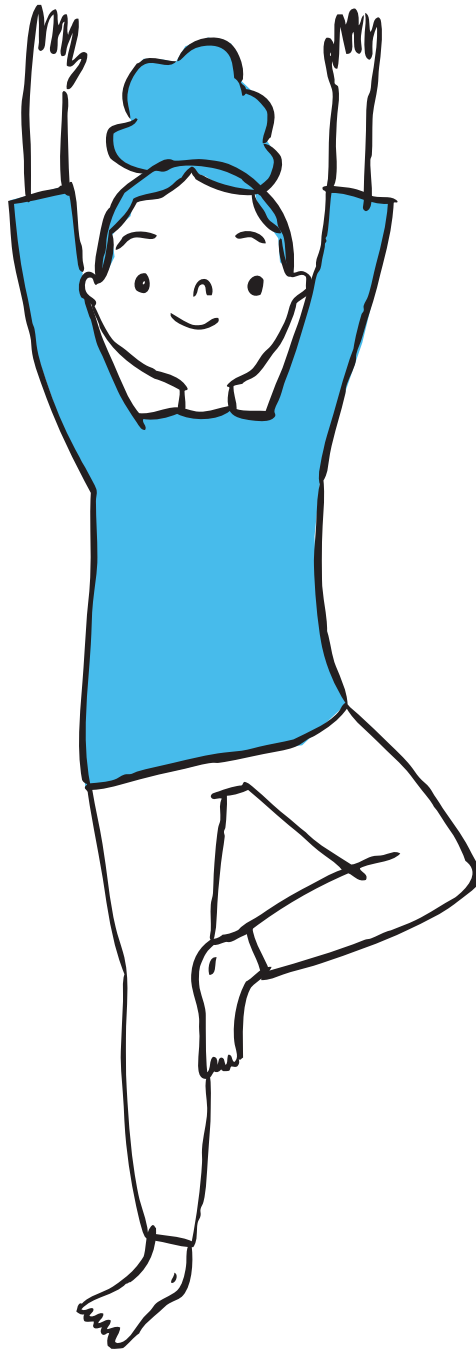
RECHARGE

MOUNTAIN POSE



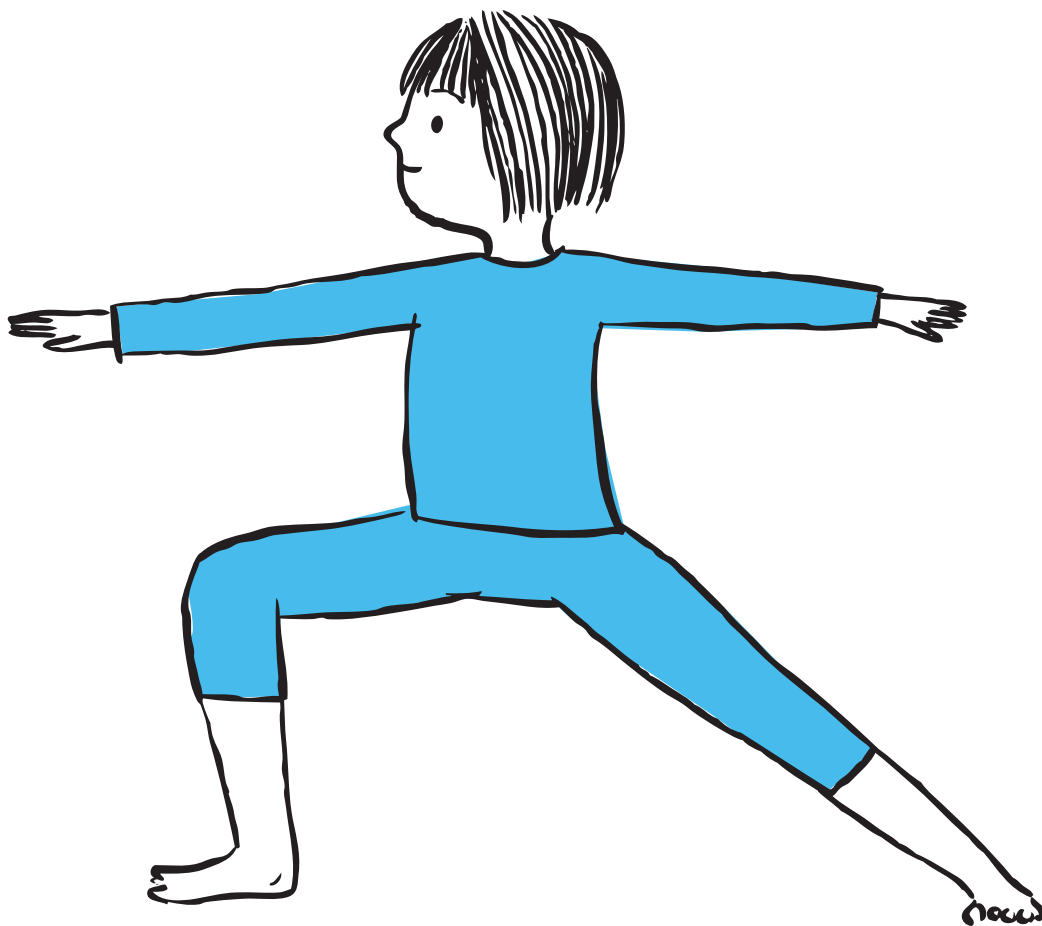
5 deep breaths

TREE



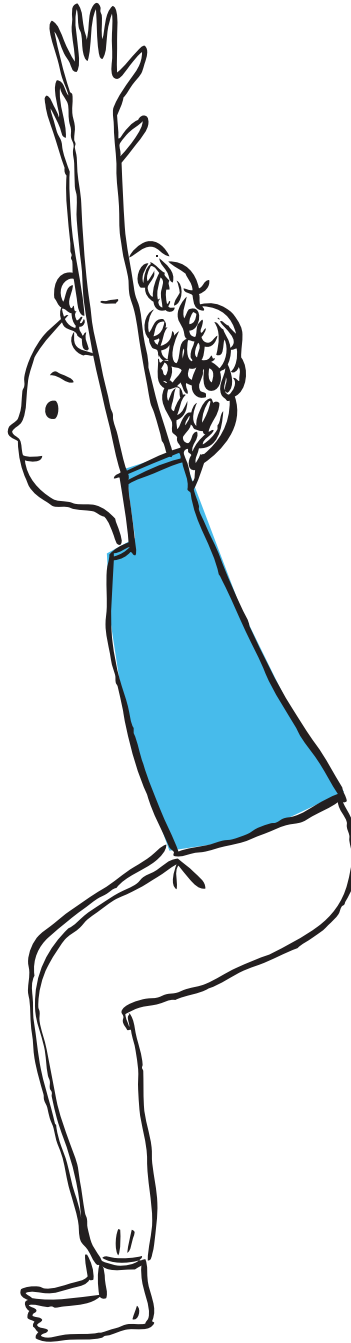
Hold each side for 10 seconds.

WARRIOR POSE



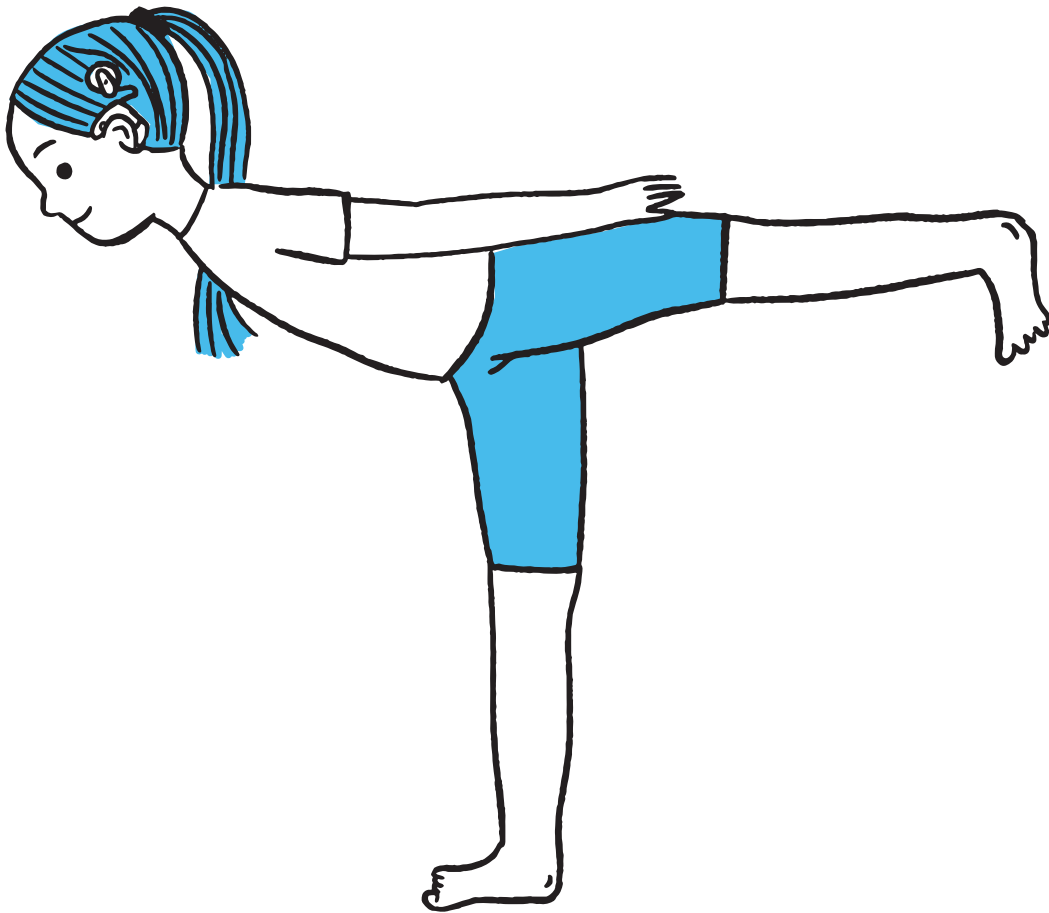
Hold each side for 15 seconds.

CHAIR



Hold for 30 seconds.

AIRPLANE



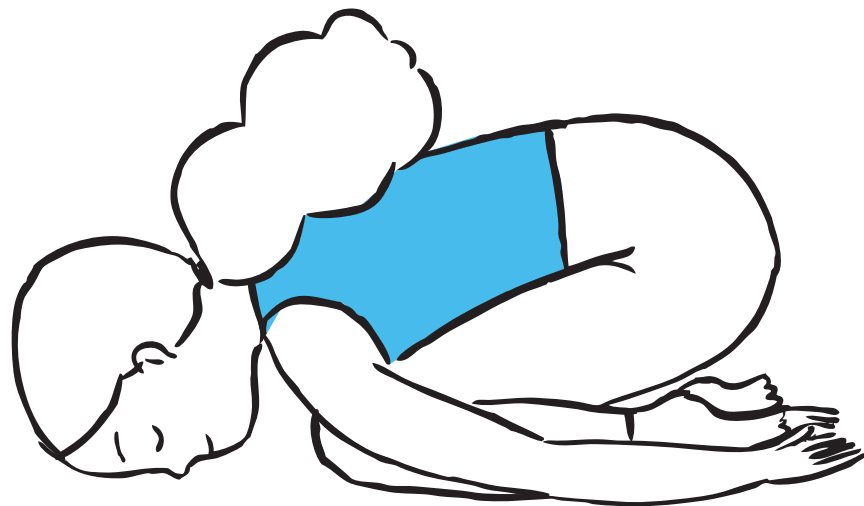
Hold on each side for 10 seconds.

FROG



Up and down, 5 times

CHILD'S POSE



5 deep breaths