



## SHAKE IT DURING RECESS

Pretend you are a ringing alarm clock. Jump, dance, and roll around! Feel yourself shake up and settle back into position.



## PLAY A QUICK GAME

Look around the room and focus on an object. What shape and color is it? What do you notice about it now that you didn't notice before? Try it with a friend! Describe it and see if they can guess what object you chose!



## MINDFUL LUNCHTIME

As you eat lunch, close your eyes when you take a bite. Chew slowly as you think about the texture and the taste of the food.



## COLOR TEST

Stuck on a tough test question? Choose your favorite color. Look around the room and find ten objects that are your color.



## SUBJECT SELF-TALK

What's your favorite subject in school? Give yourself a compliment! "I'm a math wiz!" or "I'm a PE rockstar!"



## HALLWAY BUZZ

Listen while you walk in the hallway. Do you hear many things? Or maybe you just hear your breath. Focus on one sound.



## DOODLE ON YOUR DESK

Think of all the things that make you happy. Use your finger to draw or write them on the top of your desk!



## BE BRIGHT

Sit in a comfy position in your desk. Close your eyes and pretend they are light bulbs. Turn them on and open your eyes wide! Repeat 5 times.



# 8

# WAYS TO BE MINDFUL AT SCHOOL

# 5 WAYS TO RECHARGE YOUR BATTERY



1. **Take time to read – for fun!**
2. **Get 8 to 10 hours of sleep.**
3. **Stretch or do a yoga flow.**
4. **Put down the screen!**
5. **Let your creativity flow.**

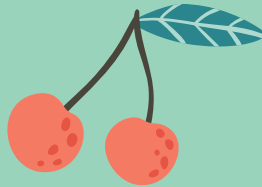
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# GET YOUR KIDS TO CHOOSE THE BEST FUEL

## TIP #1

Serve new vegetables with a variety of dips and condiments. Ask kids to try each topping!



## TIP #3

Be sneaky! Add veggies to your smoothies and applesauces — tasty & healthy!



## TIP #2

Prep fruits and veggies before serving! Use cookie cutters to create fun shapes and enticing treats.



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# GET ACTIVE CHALLENGE



BE ACTIVE AND PRODUCTIVE. DUST THE LIGHT FIXTURES OR WASH WINDOWS.



GET OUTSIDE AND ENJOY THE FRESH AIR.



TAKE THE LONG CUT!  
TAKE A LONG WAY TO YOUR DESTINATION.



TRY SOMETHING NEW.  
ROLLERBLADE, HIKE,  
LIMBO, WHATEVER!



DO 15 JUMPING JACKS RIGHT NOW!

