



# "My Guide to a Healthier Life!"

**Welcome to your quick guide on living a healthier life! This card is packed with simple, fun tips to help kids like you thrive every day. Ready to feel like a superhero? Let's dive in!**

**Kickstart with a Super Breakfast:** Every superhero needs a super start! Try having a bowl of whole-grain cereal with some fresh fruit and yogurt. It's like fuel for your brain and muscles. Remember, breakfast is the most important meal of the day!

**Hydration Station:** Water is our best friend! Aim to drink at least 8 glasses of water a day. Carry a cool, reusable water bottle to remind you to stay hydrated. Say goodbye to too many sodas and sugary drinks.

**Move and Groove:** Be active for at least 1 hour every day. It doesn't have to be boring gym exercises. Dance in your room, go for a bike ride, play football with friends, or even help out with some gardening at home.

**Snack Attack:** Choose healthy snacks like nuts, fruits, or veggie sticks over chips and cookies. Make your own trail mix or fruit salad for a fun snack time. It's all about tasty but healthy choices!

**Screen Time Check:** Spend less time on screens and more time outdoors or reading a book. Set a timer for screen time and when it rings, switch to something more active or creative.

**Rest and Digest:** Sleep is super important. Try to get 8-9 hours of sleep every night. Create a relaxing bedtime routine – maybe read a book or listen to calm music before bed.

**Mind Matters:** Take some time every day to relax your mind. It could be doing some yoga, meditating, or just sitting quietly and thinking about good things. It helps keep stress away and keeps you happy.

**Food Fun:** Once a week, try cooking a healthy meal. Maybe a veggie stir-fry or a fruit smoothie? It's a great way to learn cooking skills and understand what goes into your food.

**Good Vibes Only:** Stay positive and surround yourself with positive people. Remember to laugh a lot – it's good for your health!

**Keep a Diary:** Write down your healthy habits in a diary. Track your water intake, what exercises you did, or how you felt each day. It's a great way to see your progress.

# Now It's Your Turn to Advise

Choose your topic from the list below and write your very own advice for the younger students in your school.

Life Advice Topics (1-20)	Life Advice Topics (21-40)
1. My Guide to Making New Friends at School	21. My Guide to Dealing with Nervous Feelings
2. My Guide to Being Kind to Everyone	22. My Guide to Remembering Homework and Assignments
3. My Guide to Playing Fairly in Games	23. My Guide to Taking Care of School Supplies
4. My Guide to Sharing and Caring	24. My Guide to Being Confident in Sharing Ideas
5. My Guide to Loving Reading	25. My Guide to Handling a Bad Day
6. My Guide to Staying Safe on the Playground	26. My Guide to Enjoying Healthy Snacks
7. My Guide to Eating Healthy Lunches	27. My Guide to Being a Great Team Player
8. My Guide to Keeping Your Desk Organized	28. My Guide to Learning from Mistakes
9. My Guide to Being Respectful to Teachers and Classmates	29. My Guide to Asking for Help When You Need It
10. My Guide to Following School Rules	30. My Guide to Caring for Pets and Animals
11. My Guide to Good Handwriting	31. My Guide to Protecting the Environment
12. My Guide to Speaking Up in Class	32. My Guide to Having Fun While Learning
13. My Guide to Keeping a Clean Locker or Cubby	33. My Guide to Remembering People's Names
14. My Guide to Enjoying Library Time	34. My Guide to Being Polite and Using Good Manners
15. My Guide to Getting Ready for School on Time	35. My Guide to Enjoying Physical Education Classes
16. My Guide to Riding the School Bus Safely	36. My Guide to Understanding Basic Math Concepts
17. My Guide to Handling Teasing or Bullying	37. My Guide to Learning a New Language
18. My Guide to Participating in Class Projects	38. My Guide to Managing Time for Homework and Play
19. My Guide to Keeping Active with Sports and Play	39. My Guide to Exploring Creative Arts
20. My Guide to Being Helpful at Home and in School	40. My Guide to Preparing for Middle School