



## Boeing Center for Children's Wellness Wellness Toolkit

The purpose of this Wellness Toolkit is to provide you with easy to implement, weekly wellness announcements and weekly social media messages to support the wellness culture in your school.

- Implement weekly wellness announcements and claim 1-point in Wellness Culture for item #1

### **Week 1**

#### **Social Emotional Wellness: Sunlight**

##### **Did you know?**

Spending time outdoors in the sunshine has been shown to boost mood, enhance concentration, and improve energy levels and productivity with schoolwork. Sunlight can also help establish a healthy sleep and wake cycle known as your circadian rhythm.

##### **Challenge:**

Spend a few minutes outside every day to enjoy the sunshine and the energy boost it provides.

### **Week 2**

#### **Physical Activity: Stretching**

##### **Fact:**

Stretching increases blood flow to muscles and improves flexibility. Regular stretching can decrease the risk of sports injuries.

##### **Challenge:**

Reach down and touch your toes. Now reach your hands to the sky. Repeat these stretches a few times a day to improve your flexibility.

### **Week 3**

#### **Nutrition: Smart Snacking**

##### **Fact:**

Food provides our bodies with the energy we need to learn and move. We feel hungry when we are running low on energy. Practice smart snacking by choosing foods that include carbohydrates, protein, and healthy fats to fuel your body in a satisfying way.

##### **Challenge:**

Try a balanced snack such as apple slices with nut butter, or string cheese with a fruit cup the next time you feel hungry between meals.

**Week 4****Social Emotional Wellness: Friendship****Did you know?**

Spending time with friends can make us feel happier, improve our self-esteem, and build teamwork skills.

**Challenge:**

Plan a fun activity that you can do with a friend this week.

**Week 5****Physical Activity: Dancing****Fact:**

The World Health Organization recommends 60 minutes every day of physical activity for people ages 5 to 17 years. Dancing is a great way to express creativity, improve coordination, and develop social skills all while being physically active. Regular dancing has also been shown to reduce mild symptoms of depression.

**Challenge:**

Turn to someone near you and show off your best dance move!

**Week 6****Nutrition: Hydration****Did you know?**

Water accounts for sixty percent of the human body. Drinking water is the best choice for staying hydrated because it is inexpensive, has no added sugar, and can help prevent weight gain and reduce the risk of cavities.

**Challenge:**

Try adding fresh cut fruits and vegetables to a reusable water bottle to naturally flavor your water and help remind you to stay hydrated.

**Week 7****Social Emotional Wellness: Sleep to Succeed****Did you know?**

Getting enough sleep has been shown to improve concentration, test scores, and help you maintain a healthy weight.

**Challenge:**

Track the number of hours you sleep each night this week in a journal. Use the information to develop a consistent sleep schedule that allows you to get the sleep you need to succeed.

**Week 8****Physical Activity: Active Games****Fact:**

You can have fun with friends and be physically active at the same time. Active games promote teamwork building skills and can get you moving in an enjoyable way.

**Challenge:**

Try switching up your free time or recess time with an active group game such as tag, kickball, or capture the flag.

<b>Week 9</b>	<b>Nutrition: Jump Start your Day with Breakfast</b>
<b>Did you know?</b>	Students who eat breakfast perform better academically and have increased alertness, better mood, and improved diet quality.
<b>Challenge:</b>	Start your day off right by eating first thing in the morning. Even a small on-the-go snack such as a granola bar, banana, or yogurt cup can help jump start your day and get you ready to learn.
<b>Week 10</b>	<b>Social Emotional Wellness: Go on a Nature Walk</b>
<b>Did you know?</b>	Spending time in nature and using all your senses to experience the outdoors can increase energy, spark creativity, and help reduce stress.
<b>Challenge:</b>	Go on a nature walk. Take time to notice the sights, smells and sounds around you. Ask yourself, “What do I see? What do I hear? What do I smell?”
<b>Week 12</b>	<b>Nutrition: Limit Added Sugars</b>
<b>Fact:</b>	Sugar-sweetened beverages such as soda, energy drinks, and sweet tea represent the largest category of added sugars in American diets. The 2020-2025 Dietary Guidelines for Americans recommends limiting added sugar to no more than ten percent of total calories.
<b>Week 13</b>	<b>Social Emotional Wellness: Put Electronics to Bed</b>
<b>Did you know?</b>	Too much screen time can reduce your academic performance and take the place of time spent being physically active. Viewing screens before bed can also make it harder for you to fall asleep.
<b>Challenge:</b>	Put away electronics one hour before bedtime, and don't store them in your bedroom.
<b>Week 14</b>	<b>Social Emotional Wellness: Yoga</b>
<b>Fact:</b>	Practicing yoga can help calm your body and mind, especially if you feel anxious. Spending a few minutes doing yoga poses can improve your confidence and increase your attention span.
<b>Challenge:</b>	Ask a friend to learn a new yoga pose with you.
<b>Week 15</b>	<b>Nutrition: Make Half of your Grains Whole Grains</b>

**Fact:** Whole grains provide an excellent source of fiber and are full of nutrients to help you learn and grow. MyPlate recommends making half the grains you eat whole grains.

**Challenge:** Try adding more whole grains to your diet. Oatmeal, whole wheat bread, and wild rice are good options.

## **Week 16**

### **Social Emotional Wellness: Acts of Kindness**

**Did you know?** Doing a kind act for another person can make you feel happier. It's true! Showing kindness to another person by doing something nice for them can boost feelings of confidence and make the world a happier place.

**Challenge:** Think of something kind you can do for someone today! You may be surprised how it makes you feel.

## **Week 17**

### **Nutrition: Eat the Rainbow**

**Did you know?** Different colored foods have different nutrients known as phytonutrients. Colorful fruits and vegetables have a variety of phytonutrients that are important for keeping you healthy and strong.

**Challenge:** Think about eating the colors of the rainbow and add different colored fruits and vegetables to your plate. How many colors did you eat today?

## **Week 18**

### **Social Emotional Wellness: Get Creative with Art**

**Fact:** Getting creative with art has been shown to develop thinking skills and help you express your feelings. Drawing or painting can also reduce stress by helping you relax.

**Challenge:** Draw or paint a picture of something important to you. This could be a pet, a person, or your favorite food!

## **Week 19**

### **Physical Activity: Use Sun Protection Outside**

**Fact:** The sun is important for life on earth, but we also need to protect ourselves from its strong ultra-violet rays known as UV light. Too much UV light can be harmful for our skin and cause sunburn. UV light is highest during the spring and summer months and during the middle of the day. We can protect our skin from sunburn by using sunscreen and protect our eyes by wearing sunglasses or a hat when spending time outside.

<b>Week 20</b>	<b>Social Emotional Wellness: Deep Breathing</b>
<b>Did you know?</b>	Deep breathing increases the supply of oxygen to your brain and can help you relax.
<b>Challenge:</b>	Place one hand on your belly, take a deep breath in and then let it out. Feel how your belly expands and deflates with each breath.
<b>Week 21</b>	<b>Physical Activity: March to the Beat of Music</b>
<b>Fact:</b>	Listening to music while you play, or exercise can make physical activity more fun, help you feel less tired, and improve your performance in sports.
<b>Challenge:</b>	Turn on your favorite song and march to the beat of the music.
<b>Week 22</b>	<b>Nutrition: Eat your Greens</b>
<b>Fact:</b>	Vitamin K is a nutrient found in leafy green vegetables such as broccoli, spinach, and cucumbers. Vitamin K has the important job to help us stop bleeding when we get hurt and helps us build strong bones.
<b>Challenge:</b>	Try eating a green vegetable every day. You can add spinach to a smoothie or eat sliced cucumbers as a snack.
<b>Week 23</b>	<b>Social Emotional Wellness: Daily Gratitude</b>
<b>Fact:</b>	Saying thank you to someone is a kind thing to do, but did you know that practicing daily gratitude can help you recognize and appreciate good things in your life?
<b>Challenge:</b>	Write down 3 things you are thankful for and remember to say “thank you” to someone today.
<b>Week 24</b>	<b>Physical Activity: Take the Stairs</b>
<b>Did you know?</b>	Taking the stairs can help you build and maintain muscles and bones, and it can count towards the recommended 60 minutes of physical activity per day. Stair climbing is also associated with improved physical fitness and can help you maintain a healthy weight.
<b>Challenge:</b>	Challenge yourself to take the stairs instead of using an elevator the next time you need to go up to the next level in a building.
<b>Week 25</b>	<b>Nutrition: Limiting Added Salt</b>

**Fact:** Most foods already contain a source of sodium which is another name for salt. While our bodies need some sodium to function properly, too much sodium is bad for your health. Processed and restaurant foods already contain high amounts of sodium.

**Challenge:** Instead of adding salt to your food, try experimenting with salt-free flavoring options such as lemon juice, herbs, or spices.

## **Week 26**

### **Social Emotional Wellness: Volunteer**

**Fact:** Volunteering can help others, but did you know that it can improve your physical and mental health as well? Whether it's big or small, we can all make a difference in our community by volunteering our time and talents. Volunteering can give us a sense of purpose and is a great way to learn new skills.

**Challenge:** Find an organization or individual you can volunteer with this month. It can be as simple as helping rake leaves for your neighbor.

## **Week 27**

### **Nutrition: Calcium and Vitamin D**

**Did you know?** Human bones continue to grow and develop until we reach our 30s. You can take steps to build strong bones starting now. Dairy foods such as milk, yogurt, and cheese have calcium and Vitamin D which work together in the body to build and maintain strong bones.

## **Week 28**

### **Social Emotional Wellness: Journaling**

**Fact:** Writing in a journal is associated with many health benefits including inspiring creativity, boosting memory, improving academic performance, helping you achieve goals, and encouraging self-confidence.

**Challenge:** Commit to journaling every day this week. You can write down your thoughts, draw pictures, or create goals for yourself.

## **Week 29**

### **Nutrition: Mindful Eating**

**Did you know?** It can take twenty minutes for your body to recognize that you are full. Taking small bites and eating slowly can help you listen to your body's hunger and fullness cues.

**Challenge:** Take time to mindfully eat! Try eating slower and take time to smell and taste your food.

<b>Week 30</b>	<b>Social Emotional Wellness: Patience</b>
<b>Fact:</b>	Have you ever had to wait a long time for something you were excited about? If you have, you've probably had to practice being patient. There will be many things that we will have to wait patiently for in life. Learning to practice self-control and patience now is an important skill that can help you make the right decisions while you wait.
<b>Challenge:</b>	What are some ways that you can practice patience today?
<b>Week 31</b>	<b>Social Emotional Wellness: Smile</b>
<b>Did you know?</b>	The act of smiling can boost your mood even if you don't feel happy in the moment. Smiling at someone is an easy way to brighten their day as well.
<b>Challenge:</b>	Turn to someone near you and give them a big smile!
<b>Week 32</b>	<b>Nutrition: The Power of Protein</b>
<b>Fact:</b>	Protein is the building blocks of our cells and helps maintain structure and function of muscles. It's important to consume enough protein throughout the day to help build and maintain muscles. Protein is also an important part of a balanced meals. Good sources of protein include eggs, lean meats such as chicken or turkey, fish, and beans.
<b>Challenge:</b>	Aim to include a source of protein in every meal and snack.
<b>Week 33</b>	<b>Social Emotional Wellness: Positive Affirmations</b>
<b>Fact:</b>	A positive affirmation is something you say to yourself to challenge negative thoughts. Positive affirmations can boost self-esteem and create a culture of positivity.
<b>Challenge:</b>	Practice saying a positive affirmation out loud to yourself. Some ideas are "I am smart", "I am loved" or "I am enough".
<b>Week 34</b>	<b>Nutrition: Complex Carbohydrates</b>
<b>Fact:</b>	Complex carbohydrates have fiber and other nutrients that are digested slower in the body than simple sugars and provide a steady source of energy to the body. Consuming complex carbohydrates like fruits and vegetables and whole grains can help guard against sugar crashes and provide you with a stable source of energy throughout the day.
<b>Week 35</b>	<b>Social Emotional Wellness: After School Activities</b>

**Did you know?** After-school activities are a great way to meet new friends and can help you learn new skills or increase your physical activity.

**Challenge:** Check out your school's after-school clubs and activities and consider joining one that interests you.

### **Week 36** **Nutrition: Snacks for Sports**

**Fact:** It is important to fuel your body with healthy foods, especially if you use a lot of energy playing a sport.

**Challenge:** Try consuming a balanced snack with protein and carbohydrates such as string cheese and fruit within one hour after doing physical activity to help your body recover the energy that you burned during exercise.

### **Week 37** **Nutrition: Gardening**

**Fact:** Gardening can teach you many things about different fruits, vegetables, herbs, and plants. It's also a fun way to spend more time being active outdoors. You may be surprised how easy it is to get started with just a few basic gardening supplies.

### **Week 38** **Social Emotional Wellness: Game Night**

**Fact:** Playing a card or board games is a great way to spend quality time with friends and family while having fun.

**Challenge:** Plan a fun game night for your friends or family!

### **Week 39** **Social Emotional Wellness: Work a Puzzle**

**Did you know?** Puzzles can improve your ability to concentrate on tasks and can make schoolwork more fun? It's true, puzzles challenge your brain in a good way.

**Challenge:** Try building a jigsaw puzzle or playing math games to exercise your brain.

### **Week 40** **Nutrition: Healthy Fats**

**Did you know?** Not all types of fats in food are created equal. While our body needs to consume some fat to keep us healthy, sources of saturated and trans fats are not as good for our health and should be limited. Instead, try to eat

sources of unsaturated fats which are found in foods like fatty fish, vegetable oils, avocados, nuts, and seeds.

## **Week 41**

### **Social Emotional Wellness: Make a Gift for Someone**

#### **Fact:**

You can show your appreciation for others by making them a homemade gift or designing a nice card for them. It feels good to do nice things for others and they will appreciate it.

#### **Challenge:**

Think of something nice you can do for someone this week. Some ideas include drawing a picture or writing a letter to show someone how much you appreciate them.

For more ideas and resources, please visit our website:

[Boeing Center Resources](#)

**Please contact your school's Wellness Leader or [boeingcenter@musc.edu](mailto:boeingcenter@musc.edu) with any questions.**

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