



Boeing Center for Children's Wellness Weekly Social Media Messages

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.

- Post and tag #MUSCboeingcenter on social media to claim 1-point in Wellness Culture for item #17
- Share Quarterly Wellness Communications on social media for parents to claim 2-points in Wellness Culture for item #22

Post 1 Social Emotional Wellness: Sunlight

Spending time outside in the sunshine can boost mood, increase productivity and creativity, and help establish a healthy sleep and wake cycle. Check out [these ideas](#) for getting kids interested in playing outside.



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Post 2 Physical Activity: Stretching

Stretching improves blood flow in the body, enhances flexibility, and can reduce the risk of injuries. Stretching is especially important in the mornings and before and after physical activity. Check out these [7 Simple Stretches for Families](#).



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Post 3 Nutrition: Smart Snacking

Snacking can be part of a healthy diet. Focus on balanced snacks that include a source of carbohydrates, protein, and healthy fat to promote satisfying hunger and reinforce positive eating habits. Unsure where to start? Review [Healthy Snacking with MyPlate](#) to guide your family's snacking adventures.



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Post 4 Social Emotional Wellness: Friendship

Spending time with friends can improve mood, boost self-esteem, and help kids build teamwork skills. Identify another family with kids similar in age to yours and make playdates a priority. Having a network of close friends can benefit both you and your child's social and emotional wellness. Learn about [ways you can support friendships](#) in every stage of your child's development.



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Post 5 Physical Activity: Dancing

The World Health Organization recommends 60 minutes of daily physical activity for people ages 5 to 17 years. Adults need 150 minutes of moderate and vigorous physical activity per week. Yet, 80% of adolescents around the world do not participate in physical activity. Dancing is a great way to express creativity, improve coordination, and develop social skills all while being physically active. Explore these [6 fun dance games](#) for kids and the whole family.



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Post 6 Nutrition: Hydration

Kids are drinking less water, and sugar-sweetened beverages now account for the largest percentage of added sugar in American diets. Dehydration can be a reason for low energy and can contribute to serious consequences at sporting events. Encourage your child to stay hydrated with plain water, water infused with fruits or vegetables, 100% juice, or unsweetened tea. Learn more at [Rethink Your Drink](#).



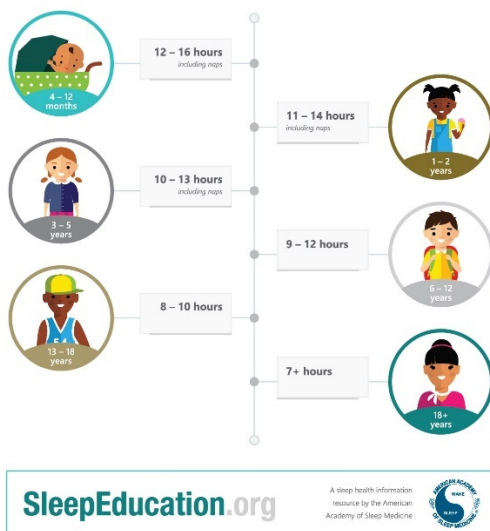
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Post 7 Social Emotional Wellness: Sleep to Succeed

Adequate sleep is a crucial component of health providing benefits such as improved concentration, energy levels and reduced cravings for junk food. Staying active during the day, going to bed at the same time every night, and sleeping in a cool, dark room are all ways to improve sleep hygiene. Check out this infographic to see how much sleep you and your child need each night.

Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



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Post 8 Physical Activity: Active Games

Games provide a simple way to get kids excited about completing chores while being physically active. Just about anything can be made into a game. Cleaning for speed or having a laundry

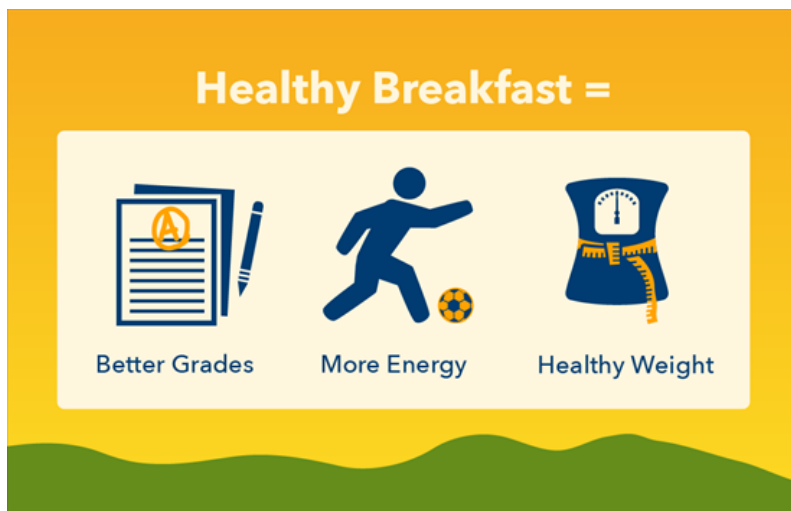
folding competition can help kids tackle the chores at hand. Check out these [10 Ways to Transform Chores into a Game](#).



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Post 9 Nutrition: Jump Start your Day with Breakfast

Starting the day with breakfast can set you and your child up for success! Students who consume breakfast perform better academically, have increased alertness, a better mood, and improved overall diet quality. You can [help your child make healthy choices](#) on-the-go by providing simple breakfast options such as fruit and nut trail mix, yogurt cups, or a whole wheat tortilla spread with nut butter.



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Post 10 Social Emotional Wellness: Go on a Nature Walk

Connecting with your environment by spending time walking in nature has been shown to increase energy, spark creativity and help reduce stress. Plan a family nature walk to spend time exploring nature together. Review [this guide](#) for getting started with nature walking.



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Post 12 Nutrition: Limit Added Sugars

Sugar is added to many processed foods and beverages to improve the texture and taste of these products. The [Dietary Guidelines for Americans](#) recommends to limit added sugars to no more than 10% of calories. When deciding what to eat and drink, look for options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Review [these tips](#) to help your family cut back on added sugars.



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Post 13 Social Emotional Wellness: Put Electronics to Bed

Setting clear boundaries for your child's screen time is key for ensuring that your child has time for socializing, physical activity, and adequate sleep. It is recommended to limit a kid's total screen time to no more than 1-2 hours per day. Consider setting screen limits and storing electronics outside of your child's bedroom to promote healthy technology habits. Review [Healthy Limits on Video Games](#) for more information.



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Post 14 Social Emotional Wellness: Yoga

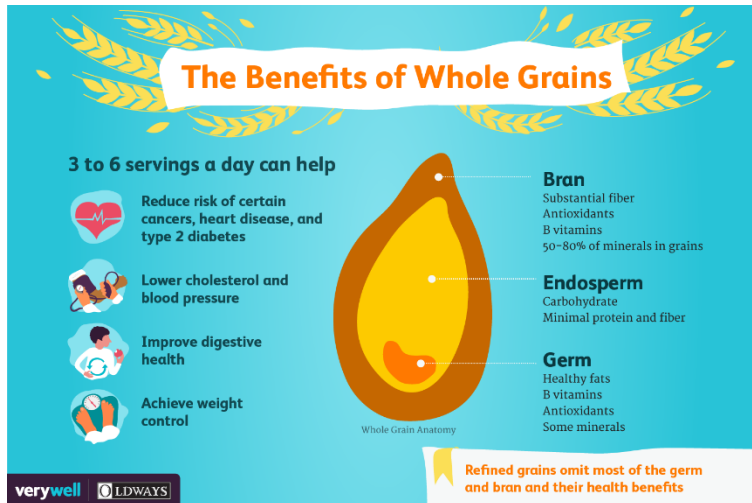
Are you looking for a way to help your family manage stress, stay physically active, and boost your mood? Try hosting a family yoga session. Have fun encouraging your child to try new moves. Check out the yoga poses in the graphic to get started.



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Post 15 Nutrition: Make Half of your Grains Whole Grains

Whole grains contain the entire grain, are full of nutrients, and provide an excellent source of fiber. Whole grains promote healthy outcomes and are an important part of both kids and adults' diets. MyPlate.gov recommends [making half of your grain intake whole grains](#). You can identify whole grain products by looking for words such as "whole grain" or "whole wheat" listed as the first ingredient on a nutrition label.



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Post 16 Social Emotional Wellness: Acts of Kindness

Doing a kind act for another person can boost confidence and make the world a happier place. Encourage your student to [do something kind](#) for another person this week.



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Post 17 Nutrition: Eat the Rainbow

Fruits and vegetables are full of [phytonutrients](#) that contribute to health. Aim to consume a variety of different colored fruits and vegetables whether fresh, frozen, or canned to receive benefits from different phytonutrients. Review [this guide](#) to help your student understand the importance of eating the rainbow.



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Post 18 Social Emotional Wellness: Get Creative with Art

Getting creative with art has been shown to help kids develop thinking skills and learn to express their feelings. Art can be a form of stress relief that helps both children and adults relax. Encourage your child to draw or paint something they are interested in, or better yet, host a family craft night and create something together. Check out these [18 Easy Art Activities for Kids to Do at Home](#).



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Post 19 Physical Activity: Use Sun Protection Outside

While the sun provides many benefits for our physical and emotional wellbeing, we need to protect ourselves from its strong ultra-violet rays known as UV light. Too much UV light can be harmful for skin and cause sunburn. Ultraviolet light is highest during the spring and summer months and during the middle of the day. You can protect your family from harmful UV rays by practicing [sun safety](#) which includes using sunscreen, wearing protective clothing, hats and sunglasses.



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Post 20 Social Emotional Wellness: Deep Breathing

Deep breathing increases the supply of oxygen to your brain and can aid in relaxation. Bubble breathing is an effective breathing activity that has been shown to lower anxiety levels in school-aged children. Use [this video](#) to teach your child bubble breathing exercises.



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Post 21 Physical Activity: March to the Beat of Music

Listening to music is associated with improved cognitive function, social engagement and improved academic and sports performance. Playing your child's favorite music and having them dance or march to the beat of the song is a great way to promote physical activity.



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Post 22 Nutrition: Eat your Greens

Dark leafy green vegetables such as kale, arugula, and spinach are full of nutrients such as vitamin A, vitamin C, fiber and vitamin K that support vision, immune function, and bone health. health. Check out [this guide](#) for getting your child to eat dark leafy greens.



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Post 23 Social Emotional Wellness: Daily Gratitude

Practicing daily gratitude can help kids and adults learn to recognize and appreciate good things in our lives. Help your child establish a habit of daily gratitude through a gratitude journal or by asking them to share three things they are thankful for on the way to school. Visit [this site](#) for more information about starting a gratitude journal.



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Post 24 Physical Activity: Take the Stairs

Getting movement throughout the day is beneficial for our health. Walking is a great way to incorporate light physical activity throughout the day. Commit to taking the stairs, parking further away from stores, or taking regular family walks to increase your daily step count. Check out [these benefits](#) of taking the stairs.



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Post 25 Nutrition: Limiting Added Salt

Most foods already contain a source of sodium or salt. While our bodies need some sodium to function properly, too much sodium is bad for our health. Processed and restaurant foods already contain high amounts of sodium. You can help your family cut down on added salt

simply by removing the saltshaker from the table and committing to cooking with less salt. [Click here](#) for more tips to reduce your family's sodium intake.



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Post 26 Social Emotional Wellness: Volunteer

Volunteering is a great way to make a difference in the lives of those who live in your community. Volunteering can give us a sense of purpose and is a great way to learn new skills. Visit [this website](#) to find volunteer opportunities in your area.

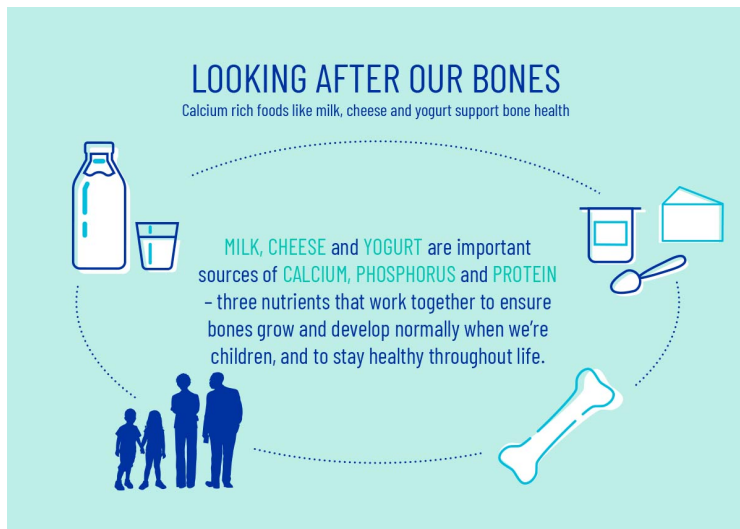


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Post 27 Nutrition: Calcium and Vitamin D

Did you know that your child's bones are still growing and developing? You can help support your family's bone health by providing foods that are high in calcium, phosphorus, and vitamin D. These nutrients, often found in dairy foods such as milk, yogurt, or cheese work together in

the body to build and maintain strong bones. [Click here](#) to more about the health benefits of dairy foods.



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Post 28 Social Emotional Wellness: Journaling

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. Journaling can help both kids and adults learn to process events in our lives. Even little kids can journal by drawing pictures instead of writing. Visit [this website](#) for journaling prompts to give you child every week of the year.



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Post 29 Nutrition: Mindful Eating

Did you know that it takes your body 20 minutes to recognize fullness cues while eating? Taking smaller bites and slowing down your mealtimes can improve digestion, prevent overeating, and help you make mindful decisions about food. You can practice mindful eating by learning to appreciate the aroma, texture of and taste of your food. Learn more about mindful eating [here](#).



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Post 30 Social Emotional Wellness: Patience

Teaching your child to practice patience can help them develop their social and emotional wellness. Read [this article](#) to learn more about tips and activities that can help your child practice patience.



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Post 31 Social Emotional Wellness: Smile

Did you know that just the act of smiling can increase mood enhancing hormones while decreasing stress hormones? Smiling, even when you don't feel happy, smiling can work wonders for your mental and emotional health. Smiling at another person can help brighten their day as well.



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Post 32 Nutrition: The Power of Protein

Protein is the building blocks of our cells and helps maintain the structure of muscles and plays a role in many bodily functions. It's important to consume a source of protein in meals and snacks. Good sources of protein include eggs, lean meats such as chicken or turkey, fish, and beans. Check out [this guide](#) to unlock the power of protein.



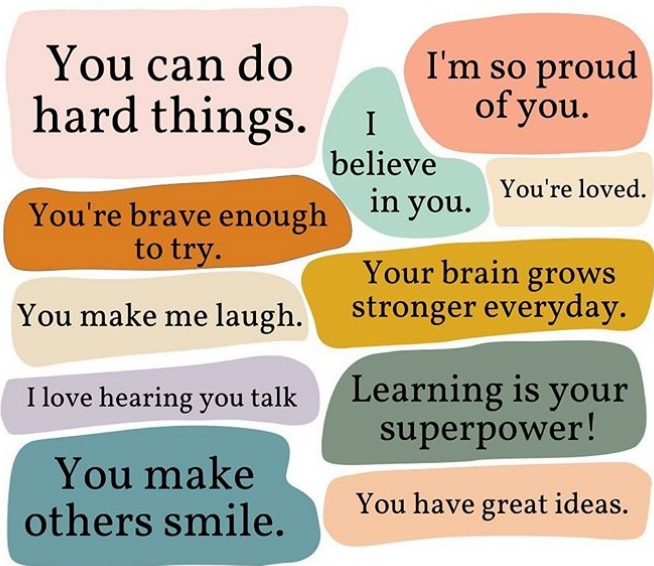
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Post 33 Social Emotional Wellness: Positive Affirmations

Positive affirmations are phrases you say to yourself or to others to challenge negative thoughts. Positive affirmations can boost your child's self-esteem and create a culture of positivity. You can positively affirm your child by saying things such as "I am proud of you" or "You are loved".

POSITIVE AFFIRMATIONS

to say to your children

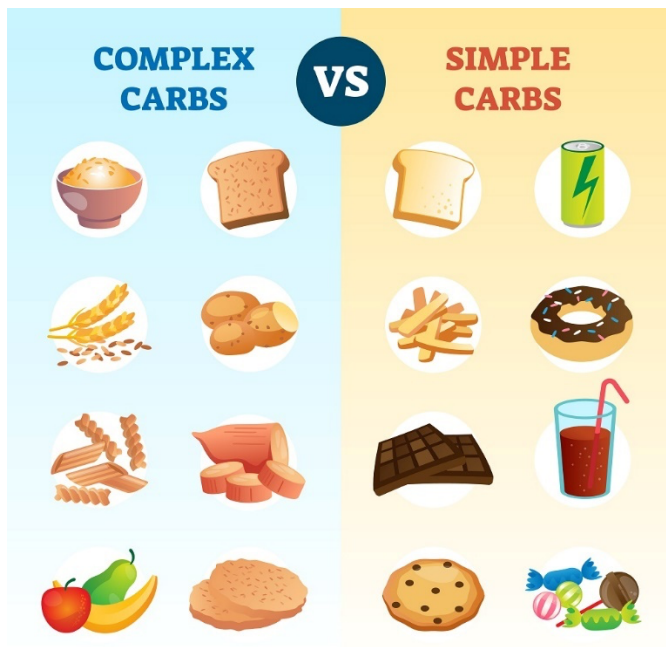


@kidsplaytricks

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Post 34 Nutrition: Complex Carbohydrates

Complex carbohydrates have fiber and other nutrients that are digested slower in the body than simple carbohydrates. Consuming more complex carbohydrates like fruits, vegetables and whole grains can help guard against sugar crashes and provide you and your family with a stable source of energy. Read [this article](#) to learn more about complex carbohydrates.



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Post 35 Social Emotional Wellness: After School Activities

After school activities can provide your child with additional social and emotional development as they learn to make new friends while engaging in a shared activity. There are many after-school activities to choose from including those that provide academic support or sports programs that promote physical activity. Read more about the benefits of after school programs [here](#).



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Post 36 Nutrition: Snacks for Sports

Does your child play a sport? If so, you can help your child fuel for practice and games in a healthy way. Check out the below website to learn more about appropriate snacks to bring to sporting events or these [Fueling Snacks](#).



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Post 37 Nutrition: Gardening

Teaching your child about gardening can increase awareness of different fruits, vegetables, herbs, plants and provide an avenue for physical activity and increased time outdoors. Research shows that families who promote healthy nutrition behaviors have a huge impact on students' positive health and well-being outcomes. If you don't have a place to garden outdoors, check out these [recommendations to practice indoor gardening](#) with your family.



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Post 38 Social Emotional Wellness: Game Night

Planning a family game night is a great way to foster quality family time and cut back on your child's screen time. Gather the family together to enjoy your favorite card and board games. Playing games with friends and family can enhance your child's development of social, academic, and life skills. Read more about the benefits of Family Game Night [here](#).



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Post 39 Social Emotional Wellness: Work a Puzzle

Working a puzzle has been shown to improve children's concentration skills. Jigsaw puzzles can be a fun family activity to build teamwork skills, while math game puzzles can motivate students to enjoy learning. Teens may be more interested in logic puzzles to facilitate advanced cognitive skills.



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Post 40 Nutrition: Healthy Fats

Did you know that not all fats 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 heart health and should be limited. Instead, opt for healthy unsaturated fats found in foods like fatty fish, vegetable oils, avocados, nuts, and seeds. [OBJ]



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Post 41 Social Emotional Wellness: Make a Gift for Someone

You can encourage your child to use their creativity and show appreciation for others using homemade gifts. Have your child write a card, draw a picture, or bake some cookies for someone to teach them the importance of giving to others. Here are [5 Ways to Teach Your Children the Gift of Giving](#).



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For more ideas and resources, please visit our website:

[Boeing Center Resources](#)

Please contact your school's Wellness Leader or boeingcenter@musc.edu with any questions.

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