



# LET'S BLOOM

## An Activity to Inspire Healthy Habits

Sanford *fit* and BLOOM share a passion for kids and healthy lifestyles. So we have partnered to create this resource just for you!

Sanford *fit* is a whole-child wellness program developed to engage and empower children, families, and communities to make healthy lifestyle choices. *fit* provides free online resources to support that goal.

BLOOM is a social impact initiative from Miss South Dakota 2021, Kaitlin O'Neill, designed to empower healthy mental, physical, and emotional habits. BLOOM teaches healthy habits anyone can incorporate into their life to work toward a healthy balance.



# HOW TO BLOOM!

You make a lot of choices each day, with many being health-related. Some of these choices include the things you eat and what you do to be physically active. You also decide how to recharge and relax or what to do when you experience big feelings (such as excited, mad, or sad). The choices you make can help you BLOOM and be your best self. What does it look like when you are at your best? This activity will show you that making healthy choices can help you BLOOM like a flower!

## A NOTE FROM MISS SOUTH DAKOTA:

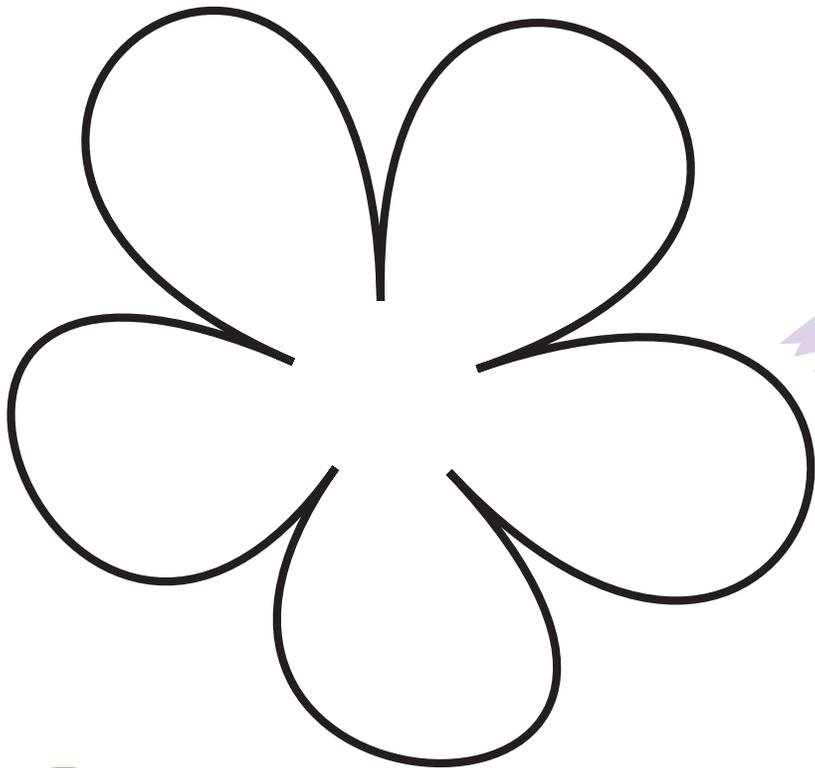
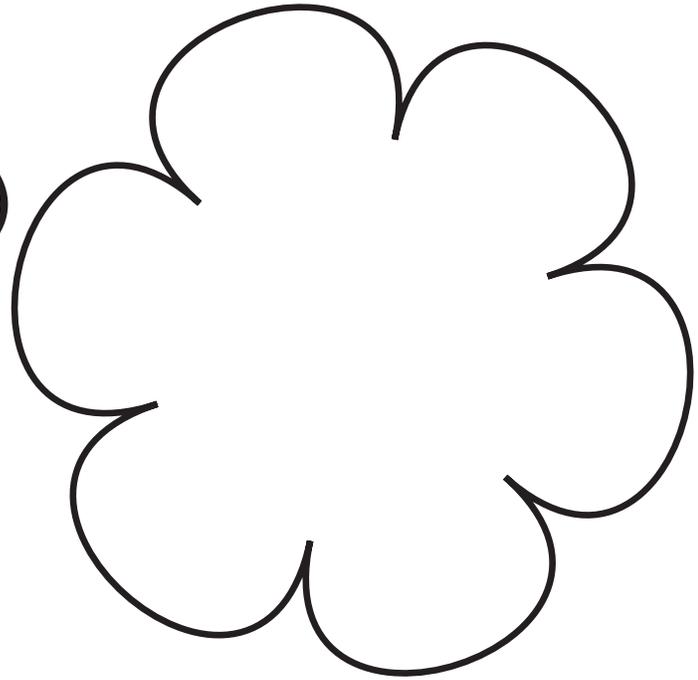
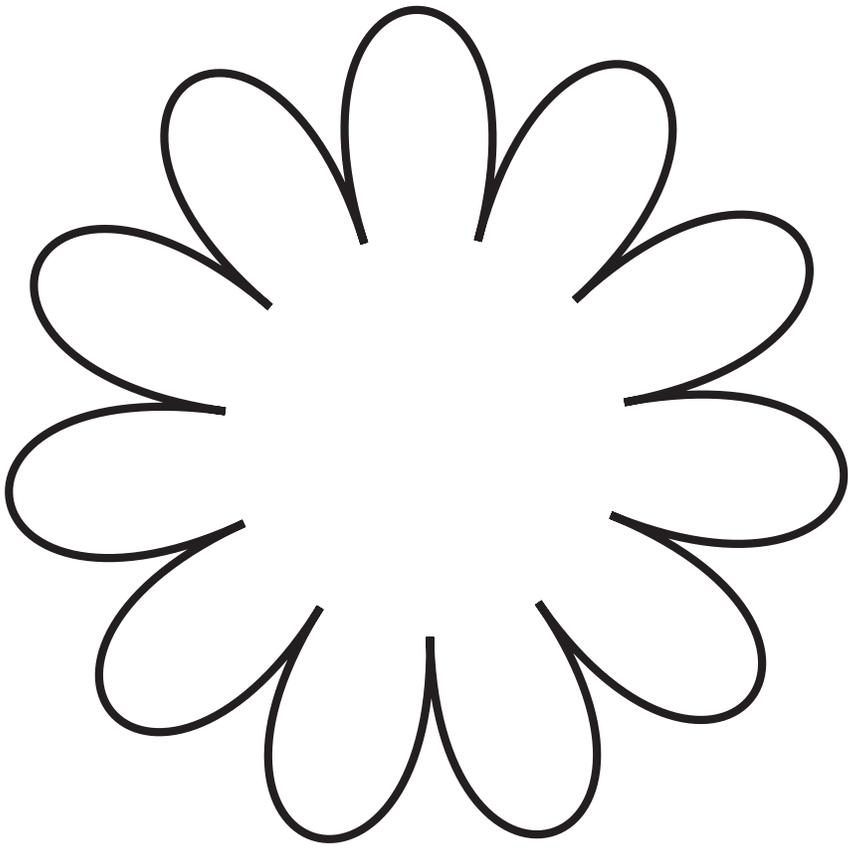
*Staying healthy can be hard, so learning how to find a balance physically, mentally, and emotionally is key! Physically, check in with how you take care of your body with nutrition, activity, and sleep. Mentally, reflect on how you talk to yourself as well as how you process information from your surroundings. Emotionally, don't be afraid to express your feelings by talking to a friend or adult. As you complete this activity, reflect on your daily routine and think of healthy choices you can make. Check out the inspiration section below for some ideas.*

## INSTRUCTIONS:

1. In the center of each flower, write or draw a healthy choice. Colored pencils work best.
2. Cut out the flowers.
3. Fold in each flower petal to hide the center image.
4. Fill a container (such as a bowl or deep paper plate) with water.
5. Place the folded flowers on top of the water and watch them BLOOM. Making healthy choices can help you BLOOM, too! Just like your paper flowers!

## INSPIRATION:

- Eat fruits & vegetables
- Hydrate my body with water
- Read a book
- Speak kindly to myself
- Play with a friend
- Smile and say "Hello"
- Talk to a friend or an adult
- Play outside
- Relax without a screen



**In the center of each flower, write or draw a healthy choice. Then cut out the flowers and fold in the petals!**

# HEALTHY CHOICES HELP ME BLOOM!

Your choices help you BLOOM and be your best self. When you make a healthy choice regarding sleep, rest, mood, physical activity, or food, it can become a habit. Healthy choices each day become healthy habits for your future!

Use this table to track your progress in creating healthy habits! Write a new healthy choice in each square below. Then, color a flower for each day you practice the healthy choice.

HEALTHY CHOICE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	