

Using *fit* at Home

Help kids learn about and practice healthy habits with our free resources! Find fun and educational lessons, printables, videos, and more at fit.sanfordhealth.org!



RECHARGE & RELAXATION

Your energy level influences your choices. Recharge by finding healthy, screen-free ways to relax and by getting the sleep your body needs.

- Use the lessons from [Teaching Kids to Recharge their Bodies](#) to help kids learn how sleep and relaxation can recharge their energy in a healthy way.
- Being mindful means to purposefully pay attention to your breathing, feelings, senses, or actions. Use the [Mindful Moments Cards](#) to practice mindfulness throughout the day.
- Practice a guided relaxation video to calm your body and brain: [Animal Breathing Techniques](#) or [5 Senses in 5 Minutes: Grounding Exercises for Kids](#).
- Learn how to improve bedtime routines: [Bedtime Habits for Better Sleep](#).
- How much screen time is too much? Discover ways to unplug with [10 Ways to Minimize Screen Time](#).

FAMILY TIP: Bedtime routines are important to ensure your child is getting enough sleep and relaxation. Use this free [bedtime routine](#) printable to create a schedule today!



MOVEMENT & EXERCISE

Physical activity is essential for a healthy body and brain. Move many times, many ways, and in many places throughout the day.

- Help kids understand why movement is important and how to stay active throughout the day with lessons from [Teaching Kids to Make Active Choices](#).
- If your kids have the wiggles and are struggling to focus, a *fit*Boost might be your solution! Check out [Move it, Move it: Using fitBoost to Improve Kids' Attention](#).
- Get moving as a family! Check out these fun and family-approved activities: [Family Friendly Ways To Keep the Entire Family Moving](#).
- Download this poster and move while you spell your favorite words: [Move ABC Poster](#). While you're at it, check out the [fit ABC Poster Set](#)!
- Boost your energy with a movement break. Try [fit Workout: fitBoost Sport Moves](#) or [fit Workout: Yoga Flow](#).

FAMILY TIP: Physical activity should be fun! Discover easy ways to keep kids active with [8 Sneaky Ways to Keep Kids Moving](#).



FOOD & NUTRITION

Food is fuel. Being aware of nutritious choices and how to try new foods empowers kids to fuel their bodies and brains.

- Try a slide show at home from [Food is a Kid's Fuel](#) to help your kids pick the best fuel for their bodies.
- Check out [10 Ways to Get Kids to Eat Healthy Food](#) and learn how easy it can be to make nutritious food choices.
- How nutritious are your snacks? Find out with the [Healthy Snacks Food Quiz](#).
- Learn how your body benefits from eating different kinds of foods from [Food is Fuel](#).
- Find nutritious foods with the [Healthy Foods Coloring Pages](#).
- Have a family BINGO night and play [Food Bingo](#).

FAMILY TIP: Encourage children to develop healthy relationships with their bodies and the food that goes into them. Try new [recipes](#) together and talk about what you all like!



MOOD & MOTIVATION

Feelings and emotions put you in a mood. Your mood influences your choices and it changes throughout the day.

- Help kids recognize and manage their feelings and emotions with the lessons from [Helping Kids Manage Feelings and Emotions](#).
- Discover phrases kids can use to speak kindly to themselves while coloring: [Positive Self-Talk Coloring Pages](#).
- Watch [Recognizing Feelings and Emotions](#) with your child to learn about their ever-changing feelings and emotions.
- Play a fun matching game to help kids recognize and label feelings: [Find the Feeling Matching Game](#).
- Learn about how you can help kids work through feelings and emotions by reading [Encouraging Emotional Development in Kids](#) and [Checking in With Your Kids](#).

FAMILY TIP: Is your child feeling overwhelmed? Play together outside and breathe in some fresh air!

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