



## SHAKE UP

Pretend you are a ringing alarm clock. Jump, dance, and roll around! Feel yourself shake up and settle back into position.



## PLAY A QUICK GAME

Look around the room and focus on an object. What shape and color is it? What do you notice about it now that you didn't notice before? Try it with a friend! Describe it and see if they can guess what object you chose!



## MINDFUL EATING

As you eat, close your eyes. Chew slowly as you think about the texture and the taste of the food.



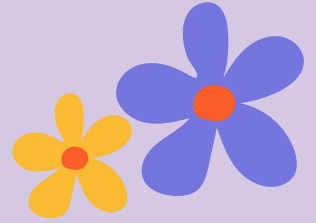
## COLOR TEST

Need a quick break? Choose your favorite color. Look around the room and find 10 objects that are your color.



## SELF-TALK SUPERSTAR

Pause to give yourself a compliment! I am a powerful singer! Or I am kind!



## MINDFUL WALK

Go for a walk outside or inside! Take notice of your surroundings. What do you hear? Do you hear many things? Or maybe you just hear your breath. Try to just focus on one sound.



## DOODLE

Think of all the things that make you happy. Use your finger to draw or write them on a hard surface like a table.



# WAYS TO BE MINDFUL



## BODY SCAN

Close your eyes and squeeze the muscles in your feet. Hold them tight, then release and relax. Do the same in your legs and continue up your body.



# 5 WAYS TO RECHARGE YOUR BATTERY



1. **Take time to read – for fun!**
2. **Get 8 to 10 hours of sleep.**
3. **Stretch or do a yoga flow.**
4. **Put down the screen!**
5. **Get creative – draw, paint, sing!**

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# FUEL UP WITH NUTRITIOUS FOODS

## TIP #1

Red foods make your heart strong. Red bell peppers, tomatoes, raspberries, watermelon, and cherries are full of vitamins A and C, as well as fiber, to boost heart health.



## TIP #2

Green foods help you fight off sickness! Spinach, broccoli, pears, kiwis, green grapes, and cucumbers have lots of nutrients like zinc, iron, and vitamin C to support immune health.



## TIP #3

Orange foods give you super vision! Carrots, squash, cantaloupe, pumpkins, and peaches are loaded with beta carotene and vitamin A, both important for good eyesight.



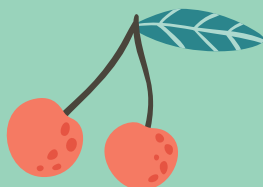
## TIP #4

Yellow foods heal your cuts and keep your stomach happy! Bananas, yellow bell peppers, pineapples, corn, lemons, and potatoes have lots of fiber and vitamin B6 to help with digestion and general health support.



## TIP #5

Blue and purple foods make your brain and skin strong! Blueberries, grapes, blackberries, purple cabbage, eggplants, and raisins are full of healing antioxidants and vitamins that protect your blood vessels and boost brainpower.



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# GET ACTIVE CHALLENGE



**Add some fun to everyday chores! Do the dishes or pick up your room while moving to your favorite music.**



**Get outside and enjoy the fresh air.**



**Take the long cut! Take a long way to your destination.**



**Try something new.  
Rollerblade, hike, limbo,  
whatever!**



**Do 15 jumping jacks right now!**