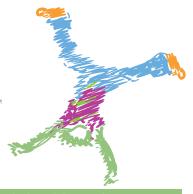
# healthpoweredkids<sup>™</sup>



#### Tips for keeping kids healthy at home

### LIVE A HEALTHY LIFE!



Health can mean different things to different people. In this lesson we talked about healthy stuff that's not about food. Why? To have a healthy life, you need to have certain habits and routines that you follow each and every day.

A healthy life is like a puzzle that you've put together. All the pieces are connected, and when one piece is missing, the puzzle is not complete. For a healthy life, you do need to eat well, but there are other pieces of that puzzle that need to come together too.

## AT HOME ACTIVITY



Create a family bedtime ritual that you can do every night. (Have a routine that everyone in the family can agree on.) Write it down, and every night, check off the things you have done.

#### Try these ideas:

- Write down the time you go to bed every night, and when you wake up in the morning, add up the hours of sleep you got.
- Before every meal, do a family check on each other to make sure everyone has washed hands.
- Do a family check to make sure everyone has brushed teeth in the morning and before bed.

## TAKE TIME FOR YOU

Chill out!

Make sure you take time every day, if possible, to do something that makes you feel good and helps you relax: Read, take a walk, listen to music, play music, talk to a friend, whatever!

An important part of taking good care of your children is taking good care of yourself.



