



Be kind to yourself and eat a healthy snack.

Art by Micaela, age 11, Lima, Peru



Get Inspired

Quote

"Every time you eat is an opportunity to nourish your body. Be active, be healthy, be happy!"

Unknown

Fact

Studies show that healthy eating impacts not only our physical health, but our mental health as well. An unhealthy diet—high in trans fats, sugar and processed & refined foods—increases risk for depression, especially in children and teens.



Shake It Up

Stand up. Do 5 frog jumps. Do 5 wall push-ups. Do 10 squats.

"I am healthy!"



Talk It Out

1. What do you normally eat for a snack?
2. How do you feel after you eat it?
3. What are some healthy snacks you can eat?
4. How do you think you will feel after you eat that healthy snack? Why?



Do It!

1. Talk to your parent or caregiver about trying some healthy snacks.
2. Challenge yourself to choose and eat a healthy snack today.
3. Mindfully enjoy each bite!

Be kind to yourself and eat a healthy snack.

SEL Competencies

Responsible Decision-Making

Identifying Problems
Solving Problems
Reflecting

Self-Management

Impulse Control
Self-Discipline
Self-Motivation
Goal Setting

Timeframe

15 - 30 min

Materials Required

Fruits and vegetables
in your home



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Quote

Invite a student to read the quote.

Fact

Studies show that healthy eating impacts not only our physical health, but our mental health as well. And an unhealthy diet—high in trans fats, sugar and processed and refined foods—increases risk for depression, especially in children and teens.

[Source:](#) Forbes Magazine



Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up. Do 5 frog jumps. Do 5 wall push-ups. Jump 10 times with your feet together. When finished say, "I am healthy!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. What do you normally eat for a snack?
2. How do you feel after you eat it?
3. What are some healthy snacks you can eat?
4. How do you think you will feel after you eat that healthy snack? Why?



Do It! (individually)

Encourage your students to do the following:

1. Talk to their parent or caregiver about trying some healthy snacks.
2. Challenge themselves to choose and eat a healthy snack today. Mindfully enjoy each bite!