



HEALTHY KIDS DAY

ACTIVITY BOOK

KEEPING CALM

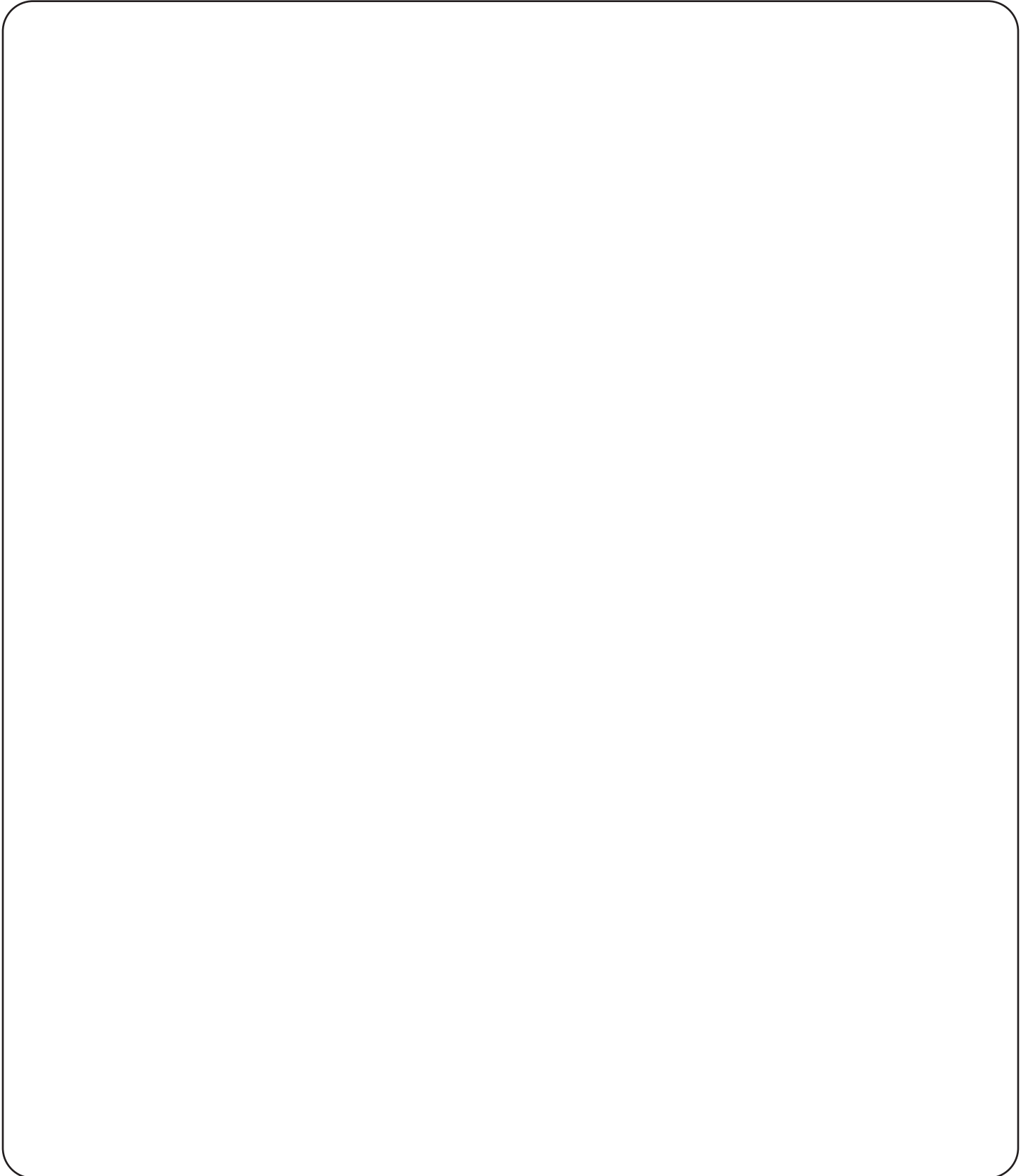
Something I can SEE that helps me calm down:

Something I can HEAR that helps me calm down:

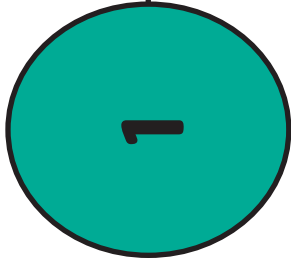
Something I can SMELL that helps me calm down:

Something I can THINK ABOUT that helps me calm down:

**Draw or paste a picture of
something that calms you down!**

A large, empty rectangular box with rounded corners, intended for drawing or pasting a picture. The box is white and occupies the majority of the page below the instruction text.

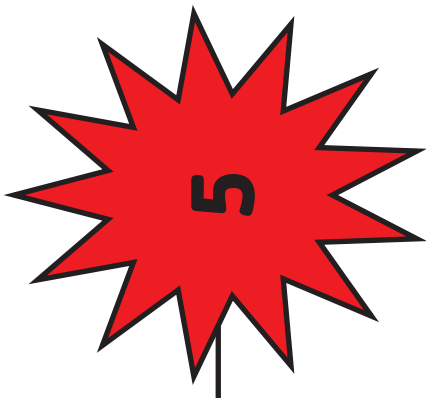
HOW AM I FEELING?



Calm

Content

Happy



Angry

Out of Control

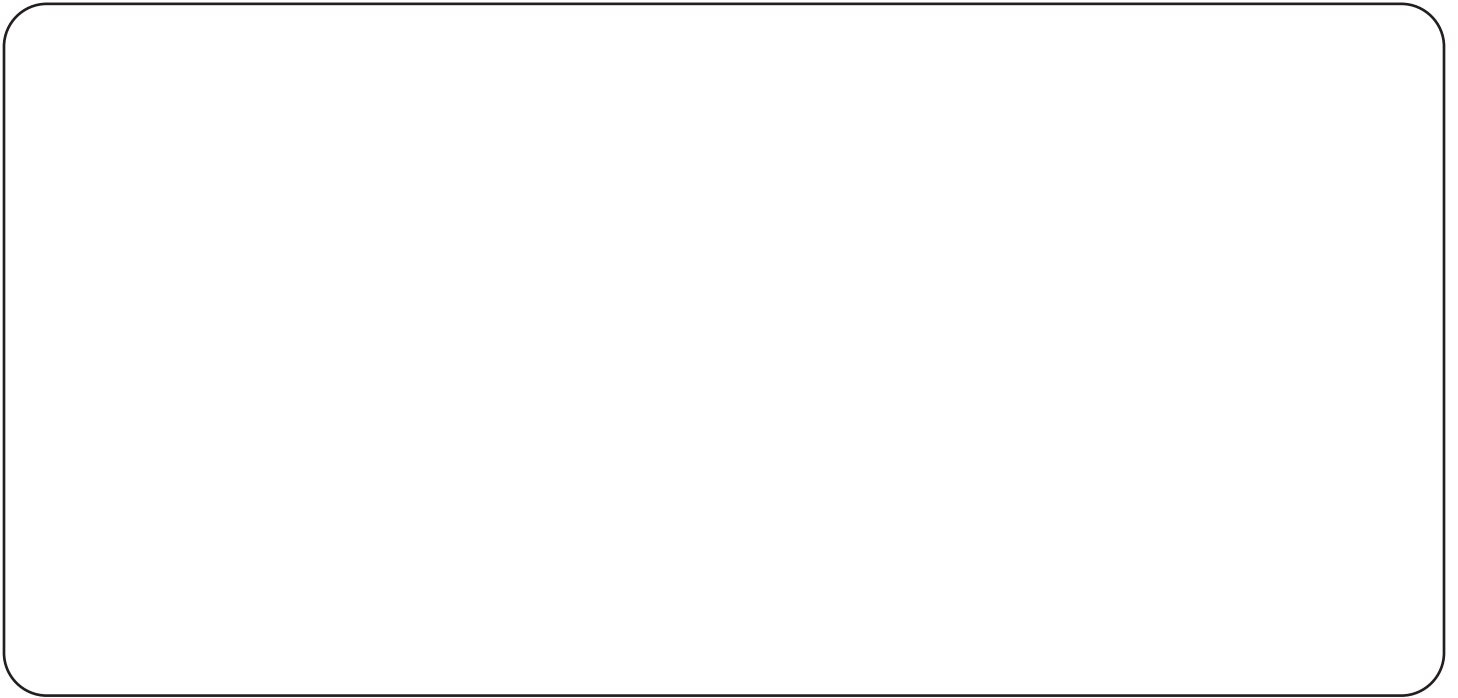
Mean



There are lots of feelings in between!

Tired	Confused	Disappointed
Bothered	Upset	Worried
Sad	Losing Control	Lonely
Distracted	Annoyed	Cautious
Frustrated	Hurt	Overwhelmed

WHAT MAKES ME HAPPY TODAY?



IN MY HAPPY PLACE...

Each one of us has a happy place where we feel loved, safe and respected. Describe what your happy place looks like using words or pictures to describe it. Whenever you feel sad, lonely, angry, or worried you can imagine your happy place inside you. It will help you feel calmer.

I can smell...

I can hear...

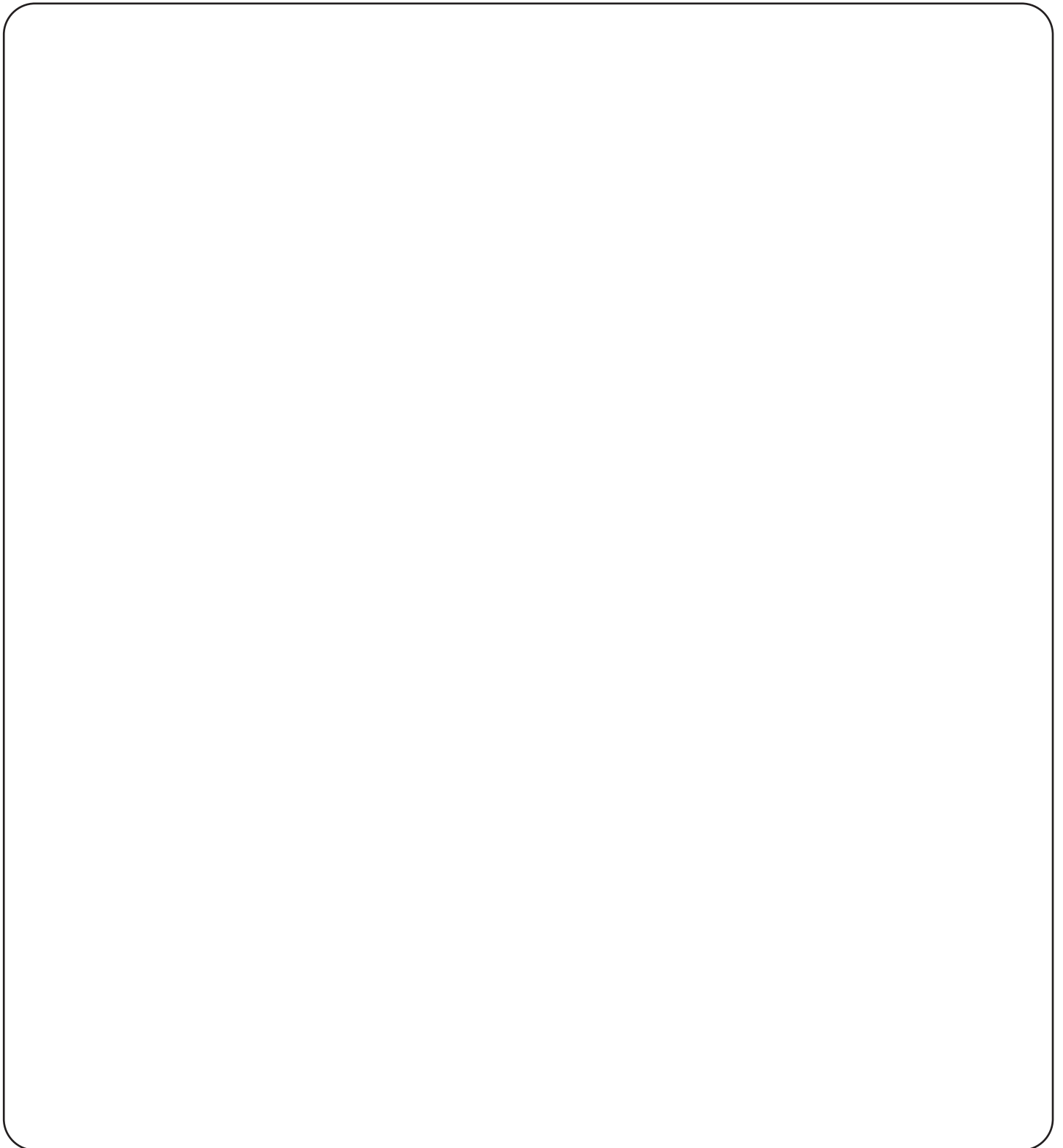
I can taste...

I can see...

I can touch...

Draw Your Happy Place

Struggling to find the words to describe your happy place? Try drawing it instead! Thinking about your happy place and this picture can help you feel better.



HOW TO MAKE A GRATITUDE JAR

Gratitude is all about sharing how thankful you are. Gratitude Jars are a creative and fun way to practice gratitude! Just like practicing your sport or reading, practicing gratitude is good for you, too!

Materials:

- Clear Jar or Cup: glass or plastic
- Art Supplies: ribbons, stickers, magazine cutouts, anything you can think of to help your jar represent you!
- Gratitude Paper: blank strips of paper or strips of paper with gratitude prompts like on the next page.

Instructions:

1. Decorate your jar. Take all of the art supplies you've gathered and get to it!
2. Write down three (3) gratitude notes on your Gratitude Paper. These should be about things you appreciate or that you're thankful for. Here are some examples:

"I am grateful for my pet because they cuddle with me this morning."

"I am thankful for dinner last night because we got to have pizza."

"I appreciate my friends for sitting with me when I was sad during recess."

3. Once you're done writing them, share them with someone close to you.
Sharing gratitude helps you feel good and the person you shared it with, too!
4. Fold up your gratitude notes and put them in your beautifully decorated jar.

GRATITUDE PAPER PROMPTS

Today was special because...

Something I like about my family...

I felt happy today when...

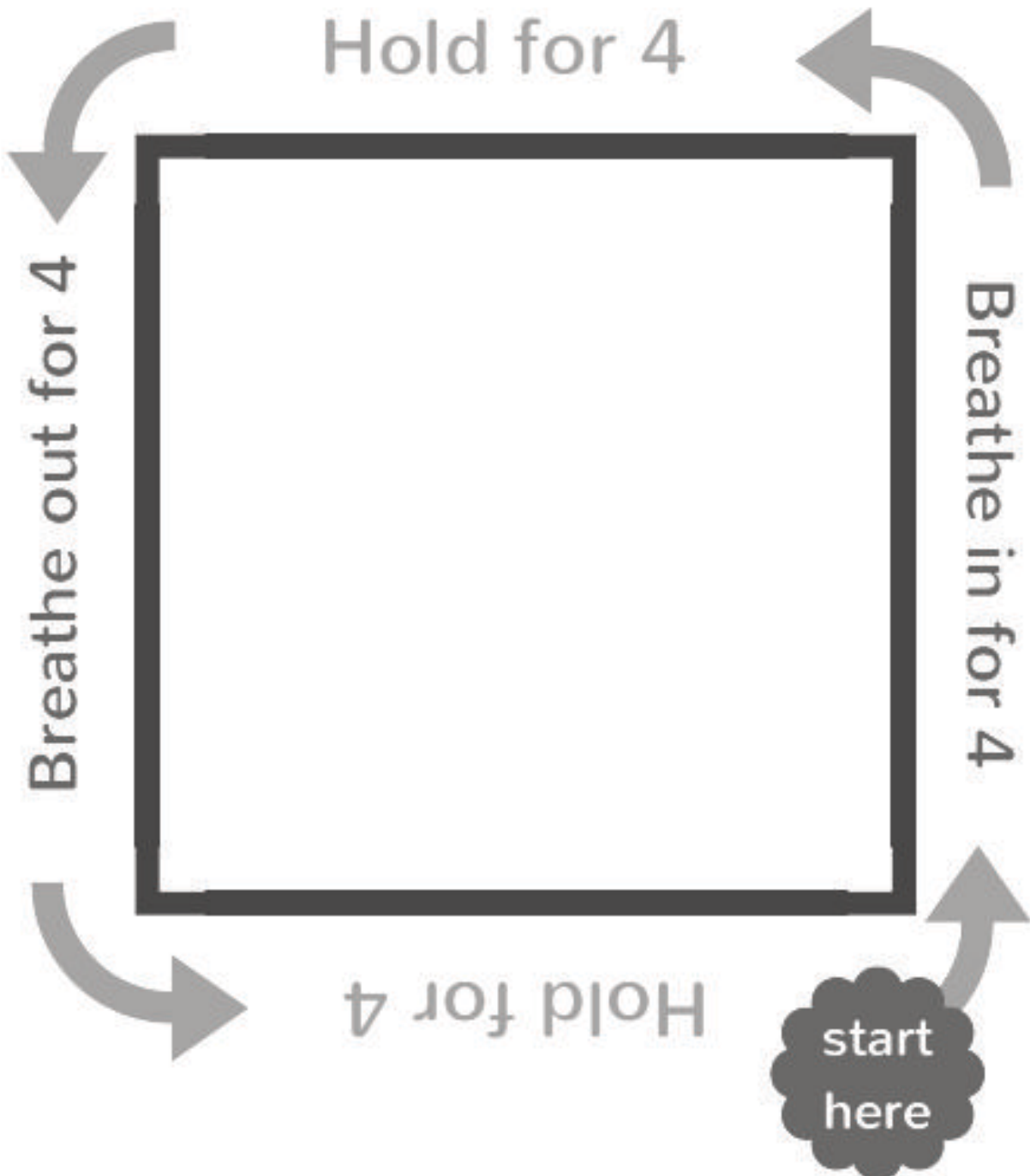
I was proud of myself today because...

My friend is important to me because...

I appreciate a person in my life because...

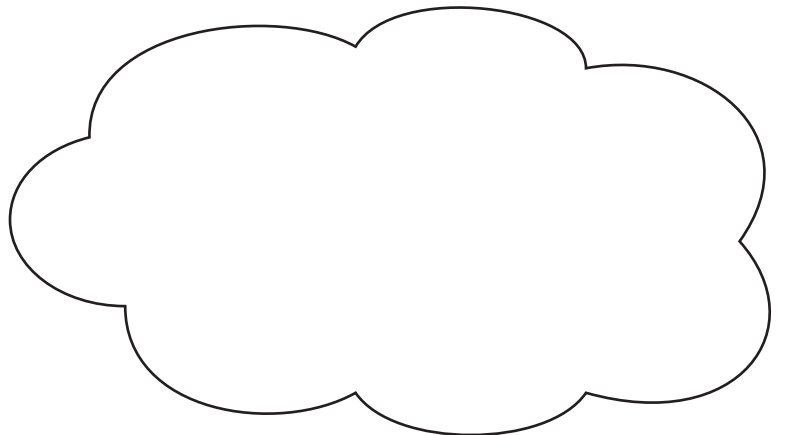
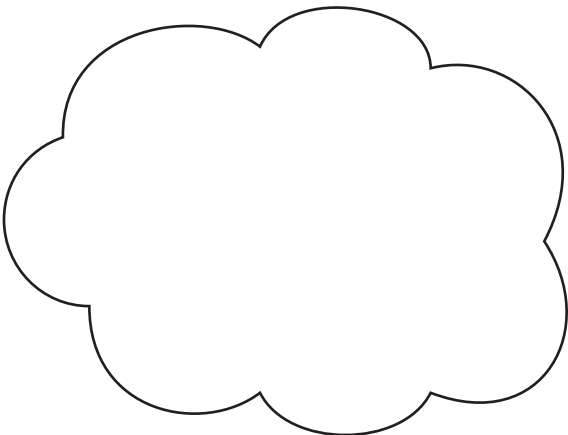
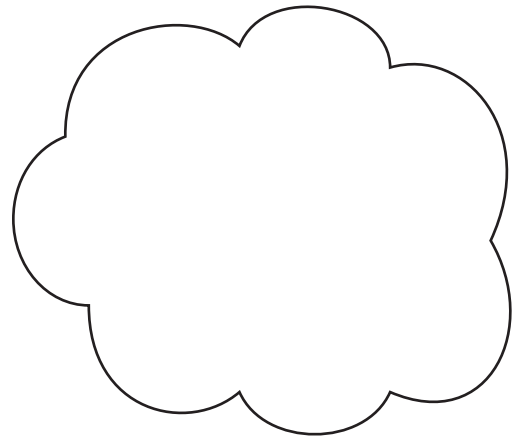
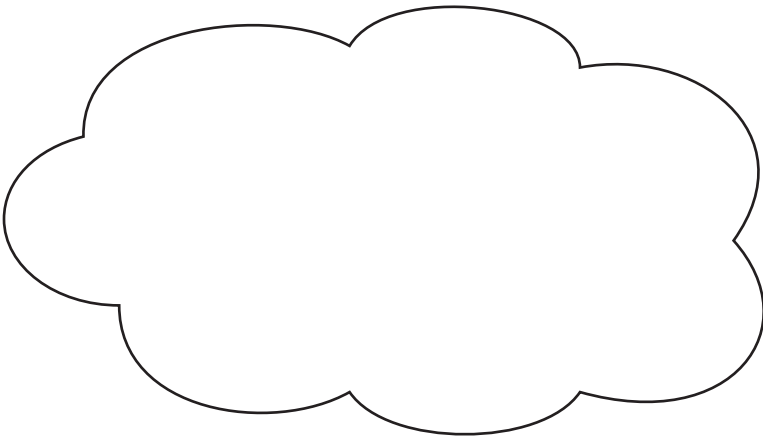
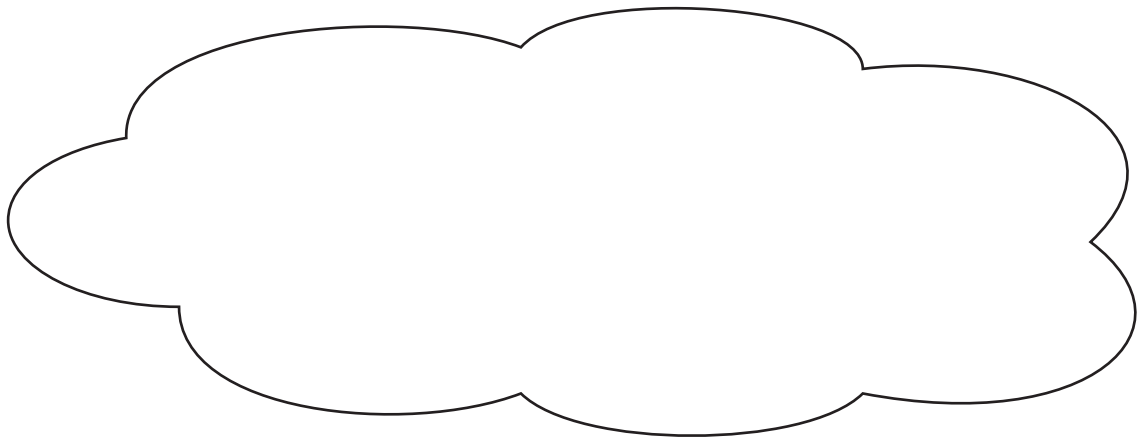
SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

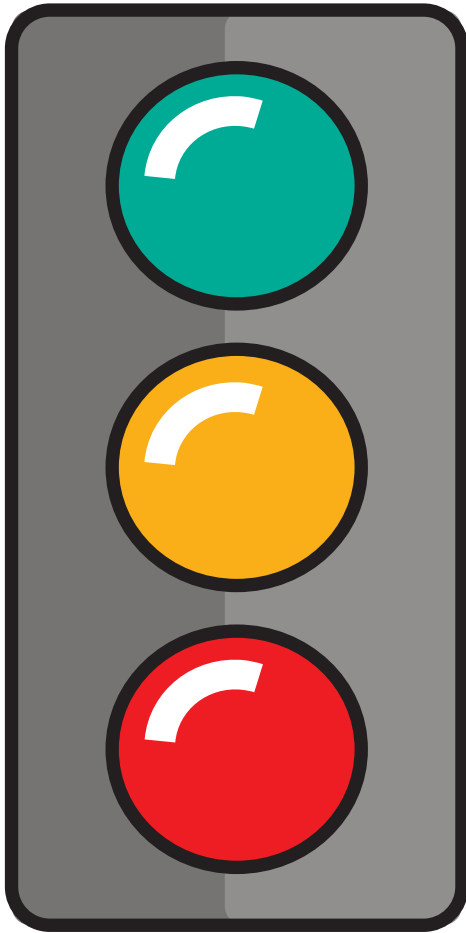


WORDS OF KINDNESS

Fill in the thought bubbles with kind words about yourself.



EAT LOTS OF "GO" FOODS EVERYDAY!



GO! foods include fruits, veggies, whole grains and lean proteins.

SLOW! foods include refined grains, 2% milk and fruit with added sugars.

WOAH! foods include foods high in fat, salt and sugar.

What are some of your favorite **GO!** foods?

Write them on the lines below!

ANTS ON A LOG

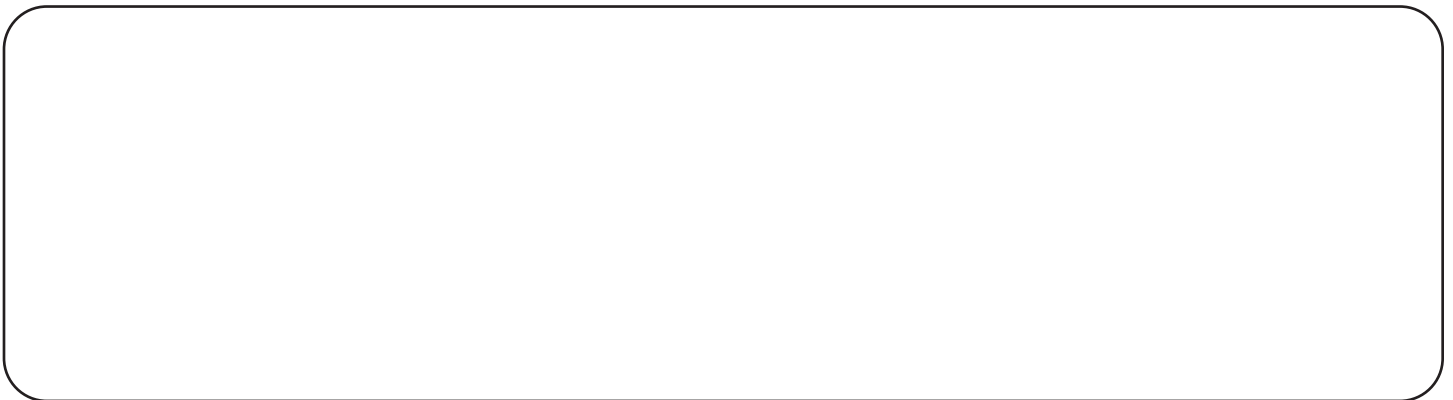
Ingredients:

- 2 stalks of celery
- 2 Tbsp. of the nut butter of your choice, we recommend sunflower seed butter
- 2 Tbsp. Raisins
- 1 Tbsp. Pumpkin Seeds

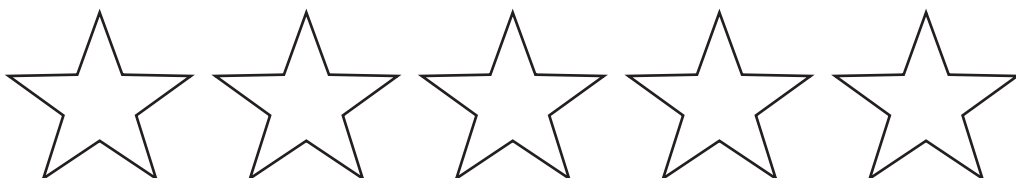
How to:

1. Cut celery into "logs", about 2-3 inches
2. Spread your nut butter inside of the celery
3. Top with raisins and/or pumpkin seeds

Draw a picture of how your recipe turned out here!



How do you rate this recipe?



HEALTHY FLOWER


Ingredients:

- 10 slices of peppers in assorted colors
- 1 celery stalk
- 2 Tbsp. of Hummus

How to:

1. Place hummus in the middle of the plate.
2. Arrange peppers around the hummus to form petals.
3. Use the celery as the stem.

Draw a picture of how your recipe turned out here!



How do you rate this recipe?



EASY HUMMUS

Ingredients:

- 1 (15 oz.) can of chickpeas, drained and rinsed
- 2 Tbsp. water
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 garlic clove minced
- 3/4 Tsp. ground cumin
- 1/4 Tsp. salt

How to:

1. Add chickpeas, water, olive oil, lemon juice, garlic, cumin, and salt to a food processor
2. Process until smooth and creamy
3. If needed, add additional water to thin out the hummus
4. Store extra hummus covered in the fridge

How do you rate this recipe?



HAVE A SUMMER LIKE NO OTHER SUMMER CAMPS AT THE YMCA

www.ymcacw.org/camp



TELL US ABOUT YOUR EXPERIENCE AT HEALTHY KIDS DAY



Stay healthy with
digital classes for
the whole family!

Join today for \$14.99/month!

