Below you’ll find a list of healthy habits you can engage in during the school dismissal to support your physical, mental/emotional, and relationship health. Review the list of healthy habits below and follow the links to watch Youtube videos to learn more about how these habits support can wellness.

After you’ve read the list, use the following page to plan which habits you want to engage in during each part of the day. You get to help plan your own schedule during the school dismissal!

|  |  |
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| Physical Health  **https://lh5.googleusercontent.com/WWotooE8r7mOUf3TRmnxLx1SJuzIkFRx_hK2ze00waMzXYbo7acebC9N0vCmRqUf6DOOucmVRLyX9KQuosKdOhLHPRlK8iT5XAS2X7NsNdhNaIodY4HKz5ayNsnQO965BQsph_57** | Make [healthy meal choices](https://www.youtube.com/watch?v=cAuytPe6-js) and eat treats responsibly. A healthy diet can have a big impact on your immune system!  Engage in activities that get you moving to make sure you are using your muscles (sports, yoga, weight lifting, active video games, playing outside).  Get the right amount of [sleep](https://www.youtube.com/watch?v=xxxWv6PM4EM) to allow your muscles and mind to rest. Teens and tweens should be getting 8-10 hours of sleep per night!  Wash your hands regularly for at least 20 seconds.  Practice personal hygiene (showering, brushing your teeth). |
| Academic Health  Image result for school clipart | Complete assignments and lessons planned by your teachers on Canvas.  [Time Management](https://www.youtube.com/watch?v=779uEQ8qyeU): set aside time for school work don’t give in to distractions. Watch the video for time management tips!  Check in with your teacher about assignments or get online tutoring.  Engage in new learning activities that interest you |
| Mental Health  https://lh4.googleusercontent.com/gIuhG20eDqVag9C_kyRE_Tn906sD78qJDT29QlZtPXgCxryNp3YLnRzjwaF8hLBNmwxa5MyIvRjniVEJsWqgj8Bo6tQAlvjyj46aWa2D3g5EmP2wXDtvNrqggq1ZIxYtMEKggBfL | Spend some time outside in nature- even just your backyard!  Make sure to step away from screens if you’ve been on them for more than an hour (cell phone, internet, or TV).  Engage in [mindfulness](https://www.youtube.com/watch?v=QTsUEOUaWpY) activities, journaling, or writing positive affirmations.  Make time for fun without ignoring responsibilities.    Develop a new skill (cooking, sewing, drawing, playing an instrument).  Engage in healthy coping strategies if negative emotions start to creep in. Try deep breathing, mindfulness, listening to music, go for a walk, or talk to someone. Use the [SafeUT](https://safeut.med.utah.edu/) app if you need immediate mental health support. |
| Relationship Health  https://lh3.googleusercontent.com/IsAgTHDSf1Jqx2uCMQHlYvGvdkIUngD1oaJMRZjAUEdn-iejK33bxRz5NiUdQUo3s7XomN-bZc3eDPVVcMte5yBKGBvHAatequHQdOWjWZt9W4NnRl06rQWPgXQzphzwLJBnKs1a | Reach out to your friends over the phone or social media to maintain relationships while school is out.  Interact positively with your friends and family; avoid picking fights or focusing on negative topics.  Give someone a compliment or express thankfulness.  Offer to help out around the house or to support friends from a distance.  Organize special (at home) quality time activities with your family. |

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|  | Example | Your Plan |
| Morning (Wake Up- Breakfast) | *Example: Wake up at my normal time (7am), brush teeth, make breakfast with extra fruit.* |  |
| Late Morning (Before Lunch) | *Example: Work on school assignments for 1 hour, then take a 10 minute break. Repeat until lunch.* |  |
| Lunchtime | *Example: Make a healthy lunch and eat it outside to get some fresh air.* |  |
| Afternoon | *Example: One hour of school work, then a 15 minute Youtube break. Repeat until dinner.* |  |
| Dinnertime | *Example: Eat dinner and play a board game with my family.* |  |
| Evening | *Example: Call my friends to ask about their day or play a game online.* |  |
| Bedtime | *Example: Go to bed before 10pm.* |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning-Breakfast |  |  |  |  |  |
| Morning-Before Lunch |  |  |  |  |  |
| Lunchtime |  |  |  |  |  |
| Afternoon |  |  |  |  |  |
| Dinnertime |  |  |  |  |  |
| Evening- Bedtime |  |  |  |  |  |

Which parts of your healthy habits plan were the easiest to stick with?

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Did you notice any negative habits forming during your first week home from school (too much time watching TV, eating too many unhealthy snacks, not getting school work done)?

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What is one habit you want to improve or change for next week?

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What are the barriers to changing your habits (not enough time, lack of motivation, need resources)?

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What could you do to reduce or remove those barriers? Whose help do you need?

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Talk to your parents, teachers, or Ms. Harris about these barriers if you need help! Print extra copies of the weekly schedule to track or plan your habits until we’re back at school.