

	Activity	Share on Social Media	Materials Needed	Resources to Share
6/1/2	Emotional 2 Check-In	Identifying Emotions and Coping Skills is an important tool in raising resilient and emotionally mature children. Use the Emotions Check In Flyer to do a check in. Think about your entire week- What emotions have you felt? What emotions do you feel right now? Identify what you CAN do to help you feel calm or happy again. Identify what you can NOT do in this moment.	Pen & Paper	https://www.mentallyhealthyschools.org.uk/media/2003/emotional-check-in.pdf ; https://drive.google.com/file/d/1BsazbD0TwaSrtqSwmXs_mLz76OeoXf53/view?usp=sharing
6/2/2	Pack a family member's 2 Lunch!	Have kids pack a family member's lunch. You may be surprised by what children choose. Have a discussion about whether or not each of the items is a healthy choice. Short on time? Pack lunch the night before!		https://gonapsacc.org/storage/tips_and_materials/ideas%20for%20family%20activities%20at%20home.pdf
6/3/2	Fact or Fiction 2 Move-It Game	Grab a friend and play the Fact or Fiction Move-It Game- where learning meets physical activity. Let's attack obesity by	Weekly Questions Post, Q & A document	https://drive.google.com/file/d/1TmCF8-Jg4milDegSF62S_38OhbXir_eP/view?usp=sharing ; https://docs.google.com/document/d/1g8z7ZRx8Kg3OpOyHloP65NtqaP5SwRqwbp5cDPoP3A/edit?usp=sharing

		broadening our knowledge of health and wellness!		
6/4/2	Screen-Free 2 e	Self-Care can sometimes mean putting down a screen and doing something else—whether it is outside, inside, mentally stimulating or relaxing. Decide how you can entertain yourself WITHOUT a screen. If the weather is nice, maybe you go on a family hike or bike ride. If you would like to stay indoors, maybe you grab board game or a puzzle.		
6/5/2	Family Dance 2 Party	Each family member chooses 2 songs! Everyone dances! The first person to run out of moves has to make animal noises and movements until the next dance.	Music	
6/6/2	Roll the 2 Dice	Watch the linked video and get going! Play by yourself or with a friend!	Dice, Activity Flyer	https://arkansasobesity.org/file_download/inline/4f8164fd-8607-4f6b-bcfd-f205b714e8ee : https://youtu.be/pDhRaoeSHsw
6/7/2	Turkey Burger 2 Macaroni	Packed with nutrition for only 30 minutes or less! Double the recipe and eat it	Recipe Ingredients	https://cookingmatters.org/recipes/turkey-burger/

		for days!		
6/8/2	Check in & 2 Skills Work	<p>Check in! Pull out your Emotions Check In Flyer. What emotions have you felt over the last week? What emotions do you feel right now? Are you in a good place?</p>		https://drive.google.com/file/d/1BsazbD0TwaSrtqSwmXs_mLz76OeoXf53/view?usp=sharing
6/9/2	PANTRY OVERHAU 2 L	<p>It's time to clean out and organize the pantry! Go through the pantry and decide if the items in it are beneficial to the health of your family. Any items that need to be eliminated can be donated to a local pantry or someone in need so we don't waste food. Remember, it's okay to indulge every once in a while. However, if we have an abundance of unhealthy foods and no boundaries in place- it is harder to succeed. Organize the pantry in a way that it appeals to you and the members in your family. Place kid friendly healthy food items lower and within eye</p>		https://youtu.be/Fa4NdOIXics

		sight. Place health conscious choices in the front so it is the first thing you see and grab!		
6/10/22	Fact or Fiction Move-It Game	Grab a friend and play the Fact or Fiction Move-It Game- where learning meets physical activity. Let's attack obesity by broadening our knowledge of health and wellness!	Weekly Questions	https://drive.google.com/file/d/1TmCF8-Jg4miLDegSF62S_38OhbXir_eP/view?usp=sharing ; https://docs.google.com/document/d/1g8z7ZRx8Kg3OpOyHloP65NtqaP5SwRqwbp5cDPoP3A/edit?usp=sharing
6/11/22	Reflect & Journal	Grab your pen, journal, and one hour timer! Think back over your month and list everything that you are grateful for. Did you get to spend quality time with your family? Did you meet a new friend? Are you thankful for the food in your fridge or the blanket on your bed? Make your Gratefulness List and refer back to it anytime you are feeling down or negative. You can continually add to the list as you think of new things but dedicate a full 30 minutes to this list to begin.	Pen & Paper	

6/12/22	Scavenger Hunt	Change your environment! Get outside and take a look around. Can you find everything on your list?	Scavenger Hunt List	https://wereparents.com/free-to-be-scavenger-hunt-printable/free-to-be-outside-scavenger-hunt/
6/13/22	Hula Hoop Activities	Choose 5 Hula Hoop Activities. Grab a friend or a parent and get moving!	Hula Hoop	https://gonapsacc.org/storage/tips_and_materials/25%20Ways%20to%20be%20Active%20with%20a%20Hula%20Hoop.pdf
6/14/22	Sweet Potato Shepherds Pie	Try this less starchy swap for a family favorite!	Recipe Ingredients	https://cookingmatters.org/recipes/sweet-potato-shepherds-pie/
6/15/22	Check in & Skills Work	Check in! Pull out your Emotions Check In Flyer. What emotions have you felt over the last week? What emotions do you feel right now? Are you in a good place? If not, what positive things can you do to help yourself get there?		
6/16/22	Lend a Hand	What chore can you take off of someone else's plate? Should you start laundry? Load the dishwasher? Set the table? Think through the day and choose 3 people to "Lend a Hand" to!		
6/17/22	Fact or Fiction Move-It Game	Grab a friend and play the Fact or Fiction Move-It Game- where	Weekly Questions	https://drive.google.com/file/d/1TmCF8-Jg4miL_DegSF62S_38OhbXir_eP/view?usp=sharing ; https://docs.google.com/document/d/1g8z7ZR_x8Kg3OpOyHloP65NtqaP5SwRqwbpD5cDPo

		learning meets physical activity. Let's attack obesity by broadening our knowledge of health and wellness!		P3A/edit?usp=sharing
6/18/22	Take a Nap!	I know, I know- Hear me out. Did you know that lack of sleep is actually an obesity risk factor? Take a look at how much sleep you should be getting every night and see how close you are. Now let's give ourselves a moment to REST and RECHARGE. Close the curtains, turn off all screens, grab a fuzzy blanket and close your eyes. Give yourself at least an hour to pause your day and rest. Even if you can't sleep, just let your body rest and clear your mind.	Fuzzy Blanket, 1 hour Alarm	file:///C:/Users/ashle/OneDrive/Documents/Ar Cop/Nutrition%20Education/Sleep%20Flyer.w ebp
6/19/22	Follow the Bee Obstacle Course	Combine "follow the leader" and an obstacle course- What do you get? Follow the Bee! Take turns being the leader. Have your followers move, climb, and run.		

		You can zig or zag- There are no rules here! Just stay safe and MOVE		
6/20/22	Beach Ball Fun!	See how many Beach Ball Activities you can do in 1 hour!	Beach Ball	https://gonapsacc.org/storage/tips_and_materials/50%20Things%20To%20Do%20with%20a%20Beach%20Ball.pdf
6/21/22	Veggie Omelette in a Mug	Try this quick and easy breakfast! Choose different combinations to keep it interesting. Ham and cheese, Turkey and spinach, mozzarella and turkey. SO MANY OPTIONS!	Recipe Ingredients	https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-omelet-mug
6/22/22	Check in & Skills Work	Check in! Pull out your Emotions Check In Flyer. What emotions have you felt over the last week? What emotions do you feel right now? Are you in a good place? If not, what positive things can you do to help yourself get there?		
6/23/22	Thinking of You	Write out 3 notes to deliver to random people throughout your day. What can you say that would make someones day brighter? Leave these for others to find.	3 Note Cards or Pieces of Paper, Pen	

6/24/22	Fact or Fiction Move-It Game	Grab a friend and play the Fact or Fiction Move-It Game- where learning meets physical activity. Let's attack obesity by broadening our knowledge of health and wellness!	Weekly Questions	https://drive.google.com/file/d/1TmCF8-Jg4milDegSF62S_38OhbXir_eP/view?usp=sharing
6/25/22	Positive Self-Talk	It's time to grab your journal and pen again! This time I want you to think about all the things you say to yourself on a daily basis. Are they generally positive or negative? List out 15 positive statements that you can say to yourself when you are feeling negative or down. Keep your list with you at all times until you have replaced all negative self talk with positive!	Pen and Paper	
6/26/22	Hill FUN	Find a hill nearby with your family! Each of you choose 1-2 activities off the list and have some fun!	Hill	https://gonapsacc.org/storage/tips_and_materials/30%20Cool%20Things%20to%20do%20on%20a%20Hill.pdf
6/27/22	Gross Motor Circuit	Choose 4! Do each movement for 20 seconds each BACK TO BACK! Give yourself 10 DEEP	List provided and space	Gross Motor Flyer

		BREATHS and go again! Do the same exercises or choose 4 new ones!		
6/28/22	Summer Sunshine Smoothie	Smoothies are a great way to pack in fruits and veggies! Try this recipe and then think up a few of your own!	Recipe Ingredients	https://hungerandhealth.feedingamerica.org/recipe/summer-sunshine-smoothie/
6/29/22	Check in & Skills Work	Check in! Pull out your Emotions Check In Flyer. What emotions have you felt over the last week? What emotions do you feel right now? Are you in a good place? If not, what positive things can you do to help yourself get there?		
6/30/22	Musical Check Out!	How does music make you feel? What type of music do you listen to? Do you listen to different music for different reasons? Create a playlist (can be done on youtube or another app!). Choose 10 songs that you can listen to when you need a pick me up!		https://au.reachout.com/articles/5-ways-music-can-get-you-through-tough-times