

Ideas for Discussion

Eating healthy, moving around, and sleeping well at night keeps us fully charged.

Questions: Why is it important to focus on all three areas (eat, move, sleep) together? What happens if you don't do one? How does it affect the other two?

Action: Change one thing you do regularly to eat, move, or sleep better today. Share with a friend.

EATING: Healthy fruits, vegetables, nuts, and whole foods give us lasting energy to be our best.

Questions: Have you ever gotten a stomachache from eating certain foods? Do you think your body was trying to tell you something?

Action: Make a list of foods that give you energy *and* are good for you. Make a list of bad foods that drain your energy. Then, independently, write down what you normally eat for breakfast, lunch, and dinner. Select a good food to eat more of and a bad food to avoid. Share your selections with your class or your friends.

MOVING: Physical activity gives our bodies and brains a charge.

Questions: Do you feel better after going outside for recess and getting activity? What can you do to get a little more activity every day?

Action: In small groups or with a partner, think of activities that will give you energy right now (e.g., marching in place, jumping jacks, the hokey pokey dance, etc.). Share and demonstrate these activities.

SLEEPING: A good night's sleep helps us reset our bodies and get ready for the new and exciting day ahead of us.

Questions: If you go to bed late, how do you feel the next morning? What can you do to make sure you have a good night's sleep and feel fully rested?

Action: Share your bedtime routine with a friend. Talk about what time you go to bed, what you do to get ready for bed, and what you do before turning off the lights.