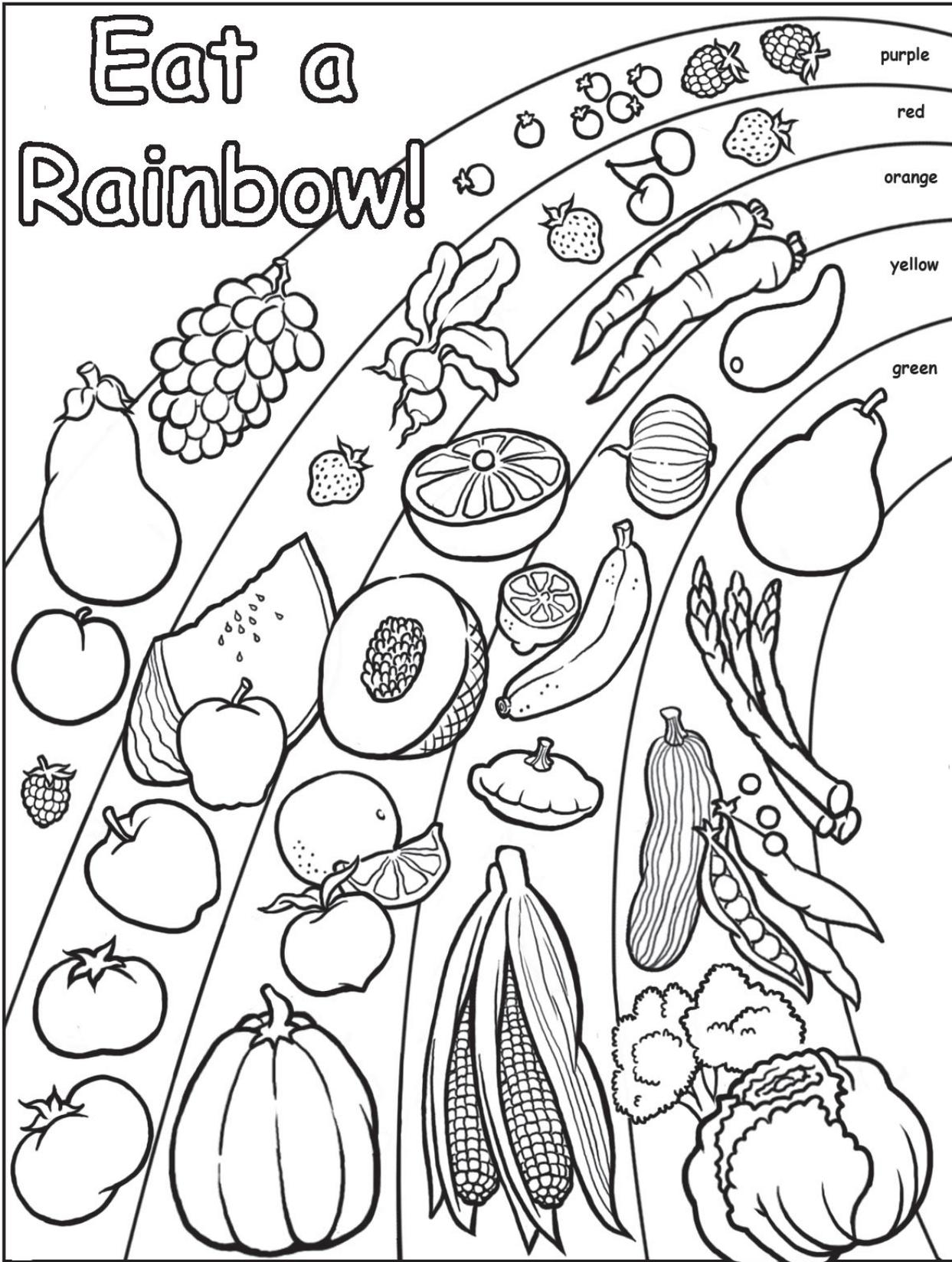


Eat a Rainbow!



Summer Fun

Print These Pages & Enjoy More Activities at bit.ly/ABlstudentresources



Riverside Medical Clinic
 CHARITABLE
 foundation

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Healthy Eating Tips For Parents

- Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat.
- Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.
- Limit fast food and low-nutrient snacks, such as chips and candy. But, don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods, so kids don't feel deprived.
- Limit sugary drinks, such as soda and fruit-flavored drinks. Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids.
- Be a Role Model: The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day.

By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message.



BE HEALTHY PUZZLE



ACROSS

- Condition of being protected from danger
- Unified individuals with common interests
- Practicing healthy habits
- _____ worth is an opinion and value you place on yourself
- _____ health refers to the state of your physical body and how well its operating
- You are _____
- State of being free from illness or injury

DOWN

- _____ health is the sufficient self-impression and competent management skills
- Power and capability
- _____ acceptance is the awareness of one's strengths and weaknesses
- Reason something is done or the goal of an individual
- Coming together to achieve a common goal

Learn How to Make Critter Crudité's

Recipe: bit.ly/AB1studentresources



Tips for Kids

- Try to eat at least 5 servings of brightly colored vegetables and fruits a day. That can include drinking 100% fruit juice or even adding sliced fruit on top of cereal.
- Make wise food choices when away from home— at school cafeterias, restaurants, and vending machines. Pay attention to both the quality and quantity of the food options available to you.
- Make chores fun! Remember physical movement is just as important as eating healthy. Household activities that can get you moving include dog walking, house cleaning, car washing, and even yard work.
- Help your parents assemble snacks at home in small baggies and use foods such as nuts and seeds, low-fat cheese and fresh veggies and fruits.
- Create a weekly calendar of healthy lifestyle activities as a family. Think of it as a fun way to compete in completing these daily goals. Ready, Set, GO!

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HEALTH APPS

Helping you with your journey.



My Water Balance will calculate how much water you should drink each day based on your personal details, but also lets you change that amount to suit your individual needs. The app allows you to choose from several types of drinks when you check in to record the amount of fluid you've had. Once you've added a drink, My Water Balance will let you know what percentage of your daily intake you have to go.



Creative Pages to Color & More Activities

Go To RMCcharity.org
To Learn How



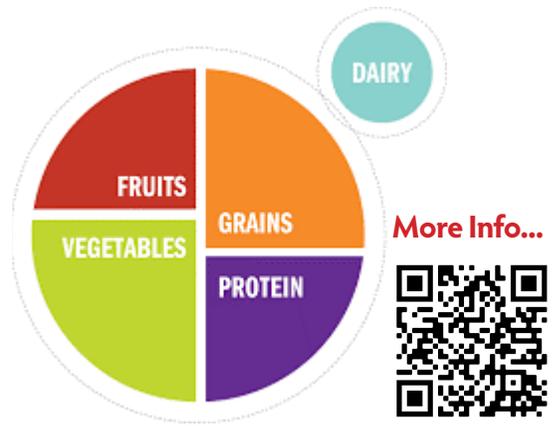
To Paint Kindness Rocks

S B T A S T S B B X V C J N G D V S R E
L Z R N N N D R I E H U F F A M T O I X
E U A O A A Y L G V M K N L M R Y P C E
K E N C C S N E Y P Y P A L A X I Y E R
B E K C B C T A R S S S M W U Z R B F C
W S Y S H A O O B E Z N B H E A L T H I
W N C M B E P L B T N E A V O C A D O S
Q J S L D E O A I A R W A E Y K P S D E
O M E O T I U R F R Q I O K B T F C I V
C S O U T O R B I D S Q W R X N E Z N N
A F T F E K K E H Y U Z E K T M E Z N K
R M A O Y R S R U H C X U K F H X E E I
R U M T J Z R E W O L F I L U A C A R D
O F O C A S B J C B R E A K F A S T S G
T Q T C R A E J C R S E G N A R O M A C
N S R E T A W L N A S U M M U H M O Q J
Q J W W P I E U P C R A Y H U Y G I Y S
X M D I P R Z X R P E Z D G L Q P P L B
L M P L W Y X D N P A W J L O L P Z L K
P E A N U T B U T T E R M G T X U P R W



This website offers sound nutrition information with easily accessible articles and handouts that provide nutrition tips, empowering parents to build a healthy family. The content is developed by dietitians and nutrition experts on topics which include: free coloring pages, nutrition guides and tasty kid recipes. <https://www.superkidsnutrition.com>

Healthy Eating With My Plate



HEALTHY Word Search

- | | | |
|---------------|---------------|-------------|
| Carrot | Banana | Green beans |
| Strawberries | Tofu | Tomatoes |
| Water | Beans | Salad |
| Apples | Avocado | Breakfast |
| Carbohydrates | Worth | Lunch |
| Food | Exercise | Dinners |
| Health | Jump rope | Snacks |
| Milk | Oranges | Hummus |
| Rice | Peanut butter | |
| Vegetables | Broccoli | |
| Fruit | Cauliflower | |

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Fun Online
HEALTHY
ACTIVITIES
Plus Answer Keys



ANTI-BULLYING
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CHARITABLE FOUNDATION
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My Fitness Pal It's the fitness app that logs exercise stats, records caloric intake, and helps you change your habits to meet personal health goals.



Fooducate makes it easy to translate nutrition labels and choose the healthiest items out there by rating products on a scale from A (best) to D based on ingredients and nutritional value.



Smiling Mind is a nonprofit organization that's attempting to make the positive experience of mindfulness meditation available for everybody.

In the app, you'll find a selection of different guided meditation options, which can help you eliminate your negative thoughts and focus on the positivity of the present moment. There are different programs for different age groups, including children as young as 7 years old to adults, and programs for specific applications.

Let's Get Physical

Jam It Out! Dance to your favorite tunes and get your blood flowing. All you need is a device that can play music and some earbuds. Close your eyes and let your body move.

Scavenger Hunt There is no doubt that everyone loves a good scavenger hunt. Scavenger hunts are all about finding items and being able to collect them. Create a list with random items around the house and check off each one that you find. Make sure that you don't sabotage someone else's chance of finding that item, too!

Hot Potato You can play short music clips as you toss the "potato." Simply get an item that is soft and

toss it to a friend. Make sure to toss it as quickly as possible because the last one who touches the toy after the music stops is out!

Balance Beam Set up masking tape on the floor and make a line on the ground. Use this set up to walk end to end each day. Get creative with it and set up various angles, zig-zags, and spirals.

Simon Says Select a peer to be "Simon" and allow them to lead the game. If the leader says "Simon Says" do as they say. If the leader does not say "Simon Says" do not repeat. Follow along and do as Simon says with commands that are quicker and quicker each round.

Obstacle Course By far the most fun, an obstacle course will be sure to make you laugh! Come up with a list of activities to play and use them in any order. You can use the activities listed or any at all! Ex. crawl under tables, climb over couches, jump from pillow to pillow, toss 3 sock balls, etc.

Duck Duck Goose All students sit in a circle and the Goose is the leader of this game. The Goose may walk around the circle and tap each child while saying duck. At any point the Goose may say goose and the tagged child must chase the leader around. Once the leader claims the vacant spot, the new tagged child is the leader.

The Floor is Lava Someone may casually walk around a room and shout that the "floor is lava."

Everyone in the room has 5 seconds to get both feet off the ground using the objects around them. After 5 seconds if someone is in contact with the ground, they automatically lose.

Musical Chairs Use a device to play music as children walk around the perimeter of the chair circle. As soon as the music comes to an end, everyone must be seated. The individual standing is out. Remove a chair and continue until one person is left and crowned the winner.

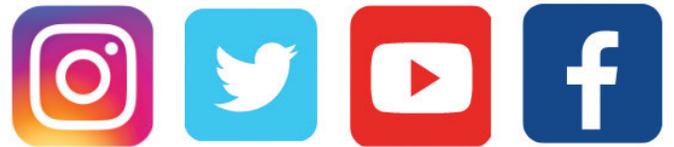
Jump Rope Use a jump rope and let out your energy! If you do not have a jump rope, no worries! You can create one out of plastic bags.

<https://bit.ly/ABlstudentresources>

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[AntiBullyingInstitute.org](https://www.AntiBullyingInstitute.org)

fill in the blank

Fruits and vegetables are fantastic because they help to keep us _____. Fruits and vegetables have lots of different _____ that our bodies need. Fruits such as _____ give us lots of vitamin C. Vegetables like _____ give us lots of vitamin A. Vitamin A helps our _____ to see well. It is good to eat a variety of fruits and vegetables so that we get lots of different vitamins!

benefits of daily affirmations

Making your own deck of affirmation cards can improve self-esteem.

