

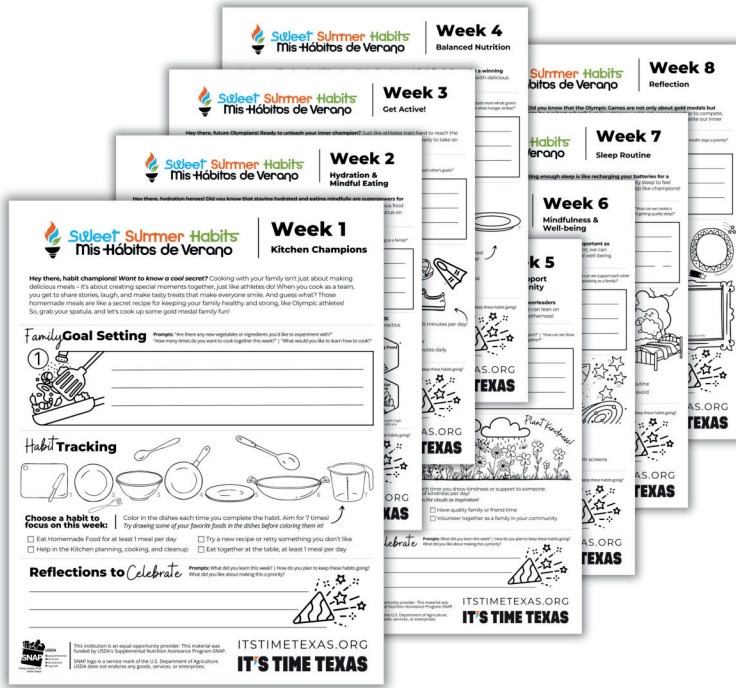


IT'S TIME TEXAS Sweet Summer Habits Mis Hábitos de Verano



Resources

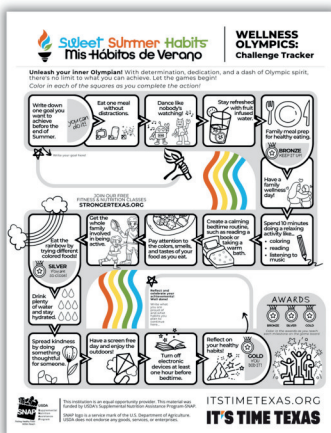
Sweet Summer Habits is a 10-week campaign dedicated to empowering kids and families to embrace healthy habits. Through learning about key wellness themes, setting personalized goals, and discovering effective strategies, participants gain access to resources and activities fostering overall wellness and encouraging long-term positive lifestyle changes.



Weekly Activity Sheets & Additional Handouts

Downloadables

- **Weekly Sweet Summer Habit Lessons:** Flexible facilitator guide for 10 weeks of wellness fun and education.
- **Interactive Handouts:** Engaging guides designed to help kids and families set and achieve health goals, fostering motivation and progress tracking.
- **Affirmation Coloring Sheets:** Olympic-themed coloring sheets featuring affirmations for positive thinking and mindfulness tailored to two age groups, early elementary and middle school and beyond.
- **Social Media Content:** Educational and motivational social media content, complete with Olympic athlete inspiration, challenges, and tips. All materials are downloadable and shareable across partner platforms.
- **Game Board:** In cadence with the Olympic schedule, the Challenge Tracker "Game Board" allows participants to implement healthy behaviors and reach for gold!



Healthy Habits Game Board
- to be used during the Olympics



40 Affirmation Coloring Pages



10 Weeks of Social Media Content

Register at itstimetexas.org/ssh to receive materials



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